The White Cap '78

Lynn Carter

Personnel Health

Watts School of Nursing Library
D.C.H.C.

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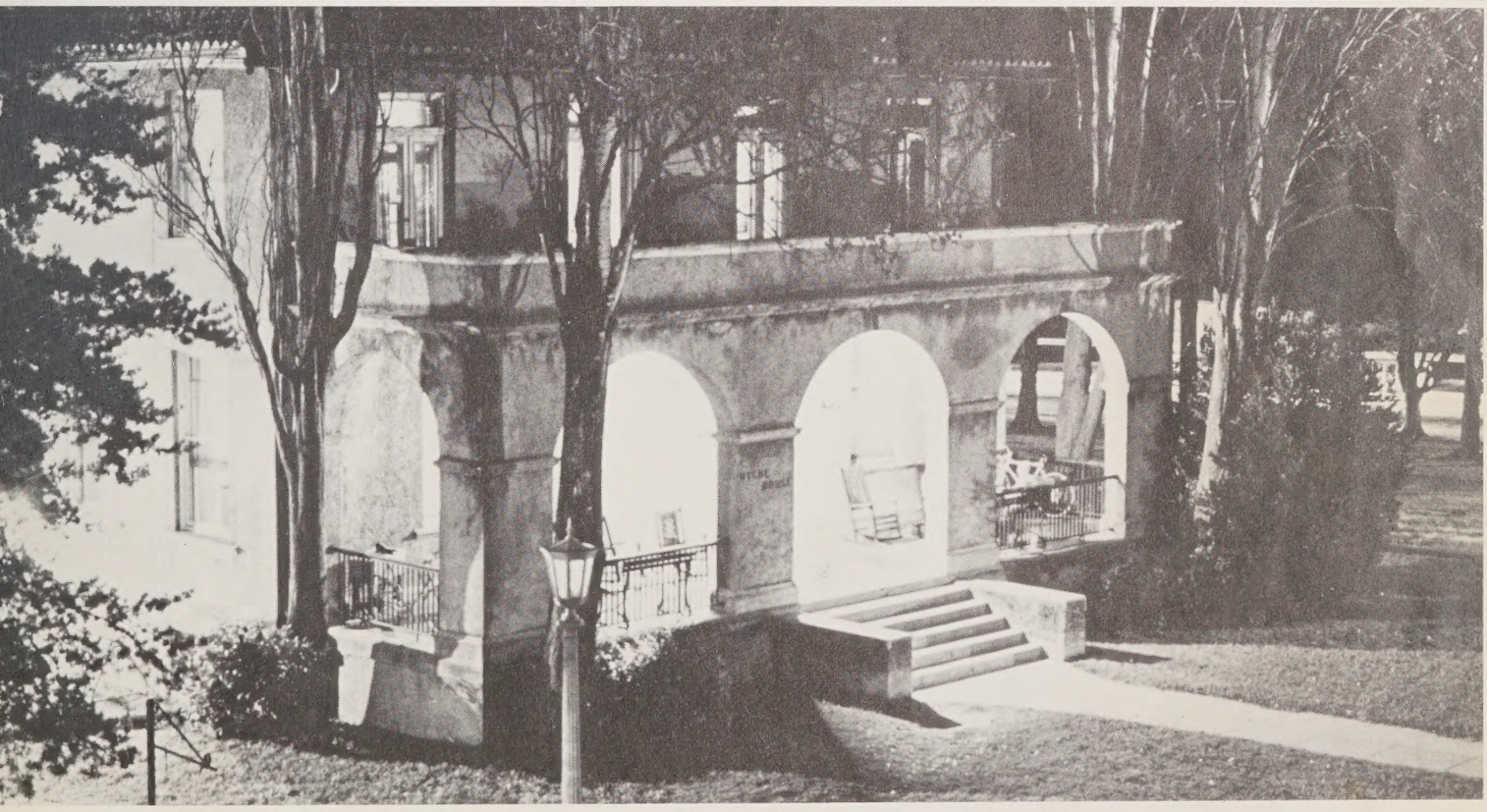
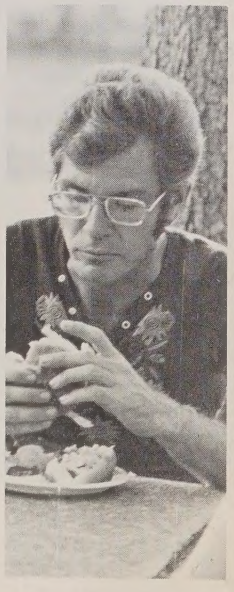


Watts Nursing School

Durham, N.C.

1977-1978



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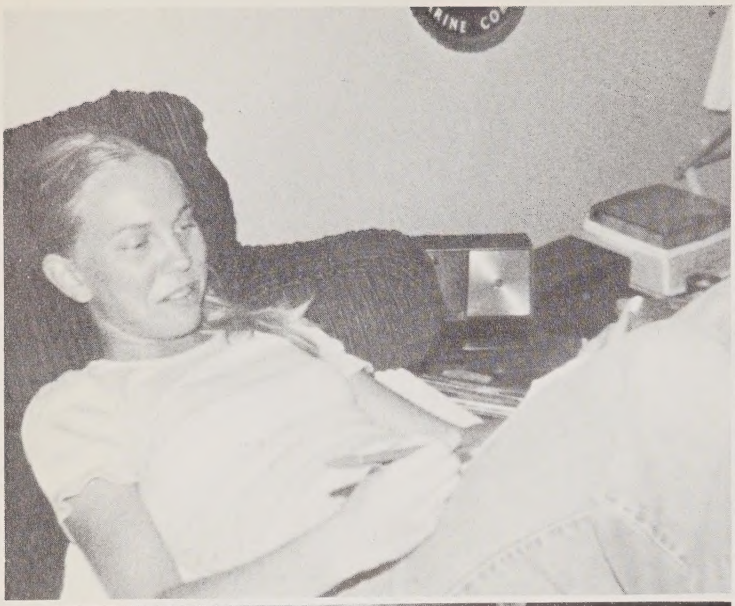
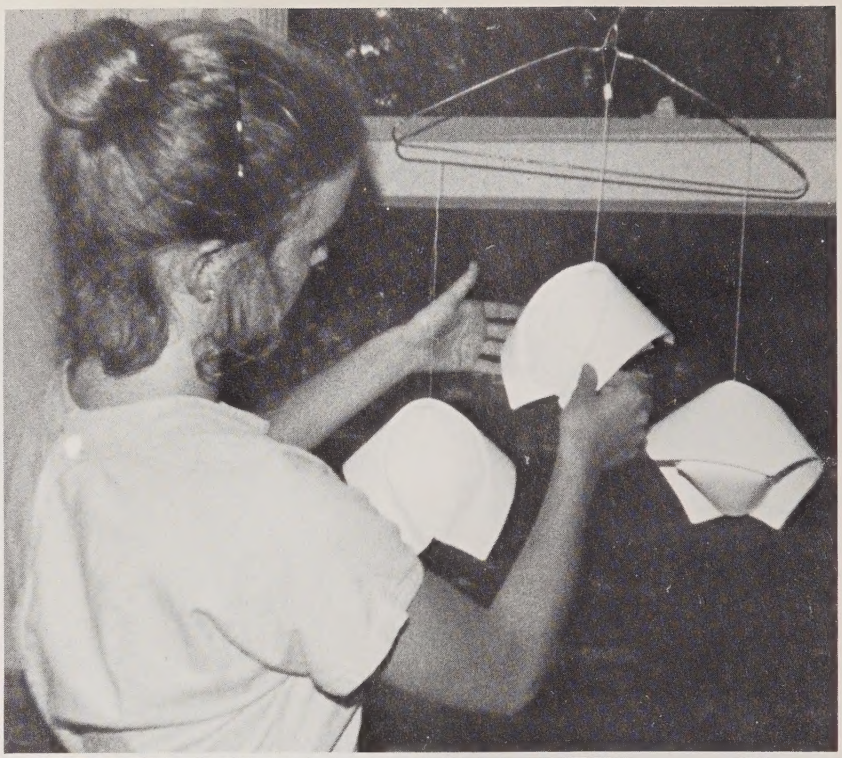
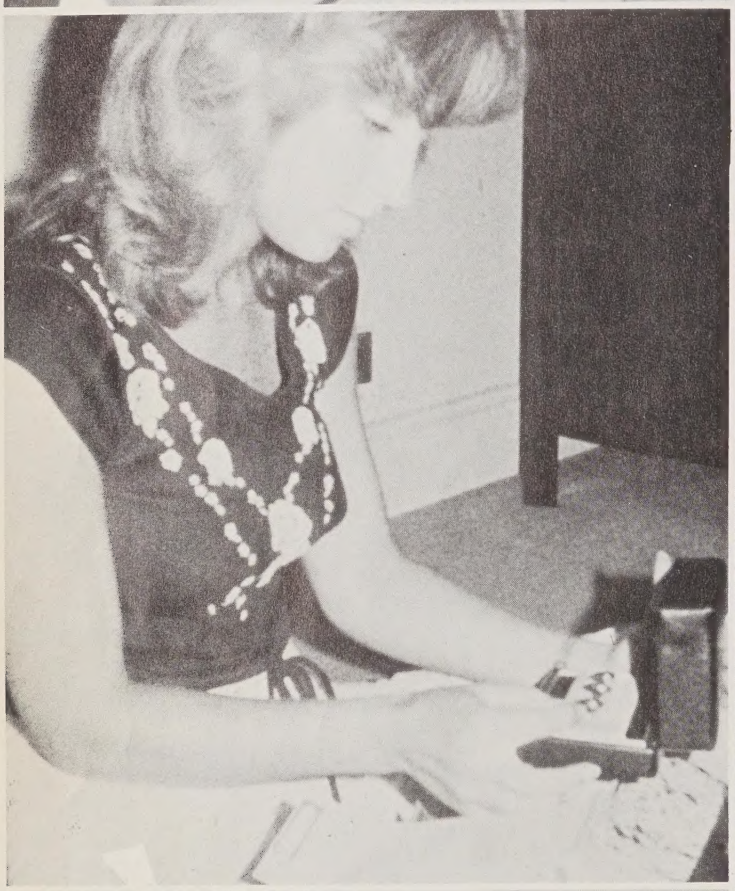
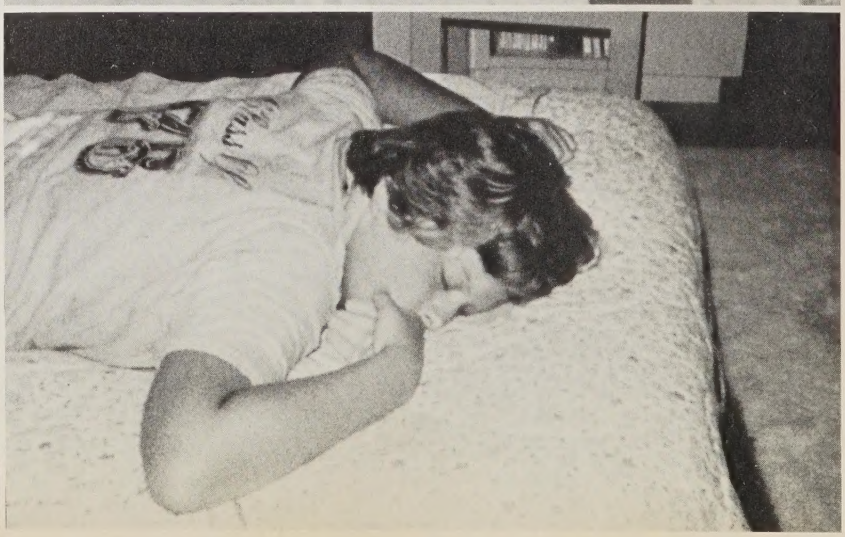
With the beginning of each new day, yesterday becomes a memory. The hard work, the challenges, the rewards, and the friendships that we share at Watts are instilled into the minds of each of us. Clinical, instructors, sports, and parties combine to make another school year. To the freshman, the dream of someday being a nurse is finally a hope. To the Junior, the omnipresent goal, "RN" seems to be more than imagination. To the Senior, the hope of becoming a nurse that began just two short years ago is finally realization. Tomorrow, the dreams and the hopes, the joy and the sorrow that we have today will become . . .

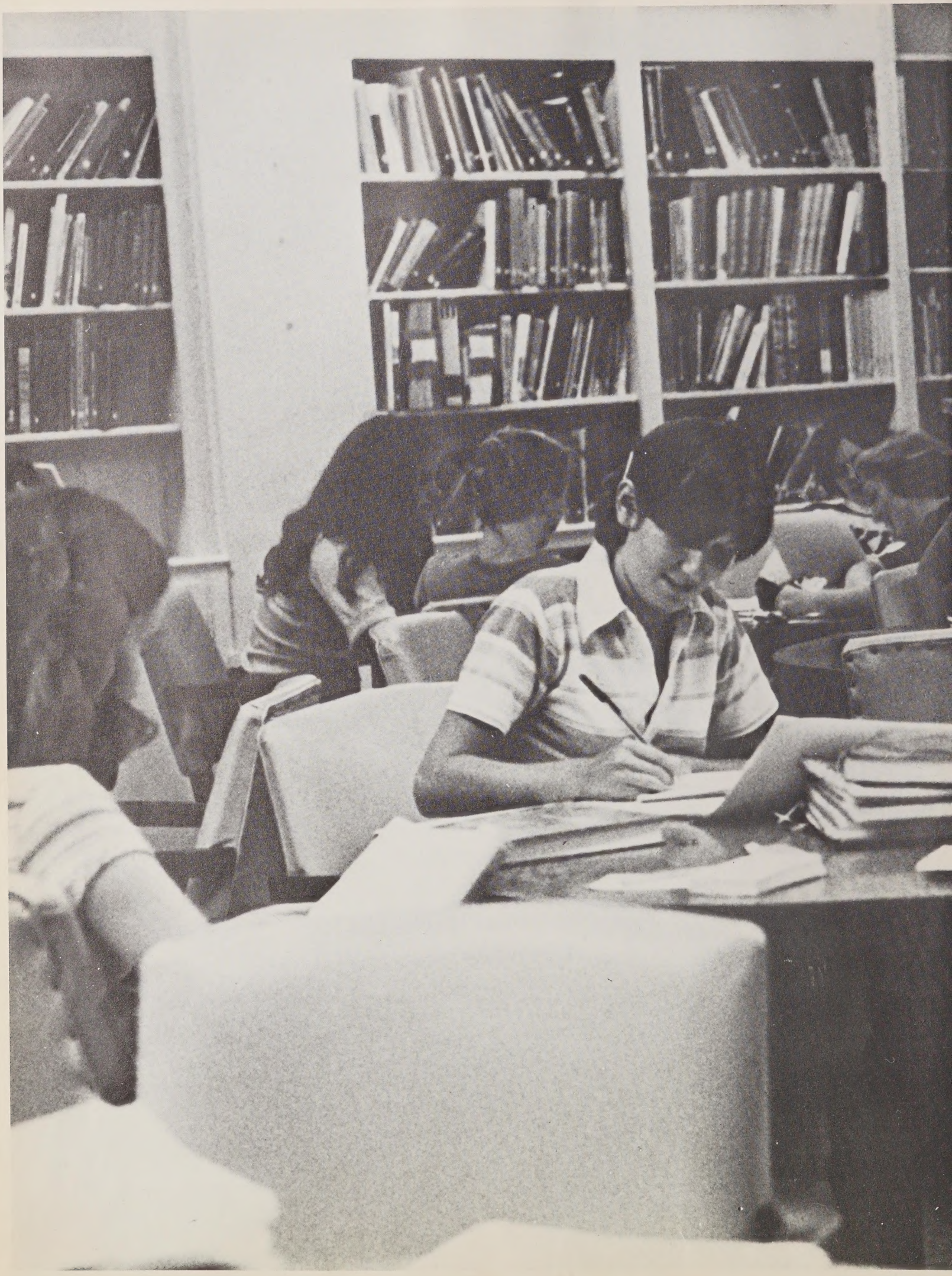
THE MEMORIES OF 1978

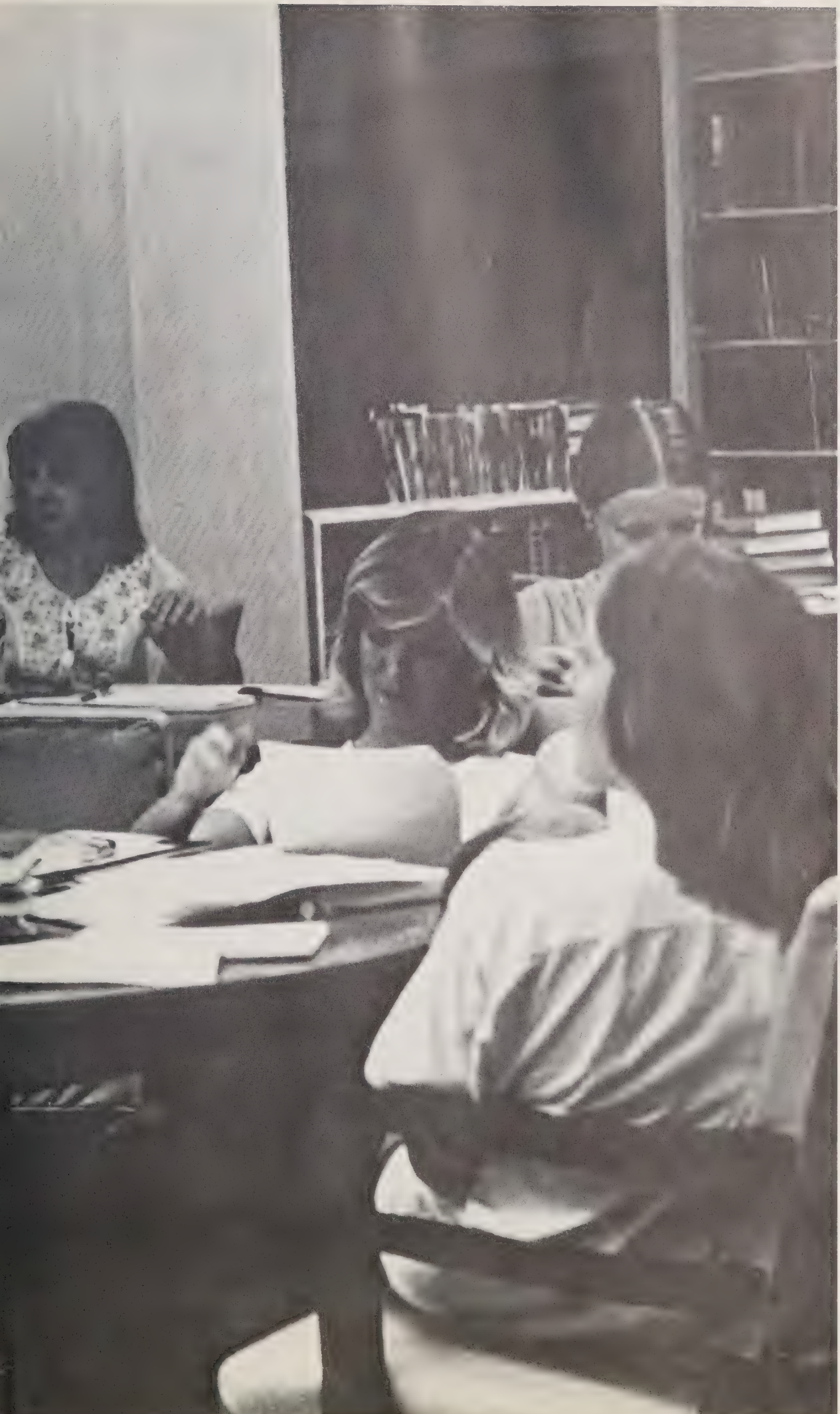










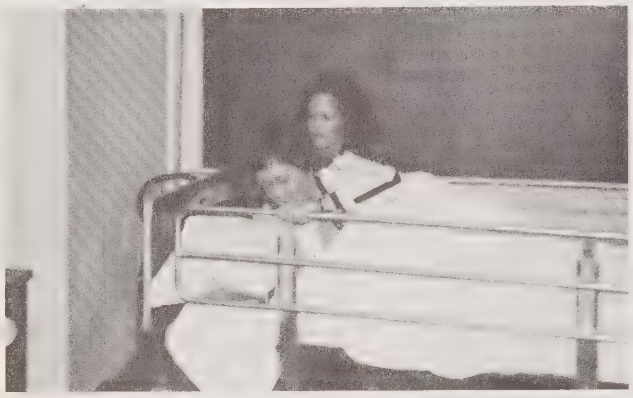


Memories of '78

ACADEMICS

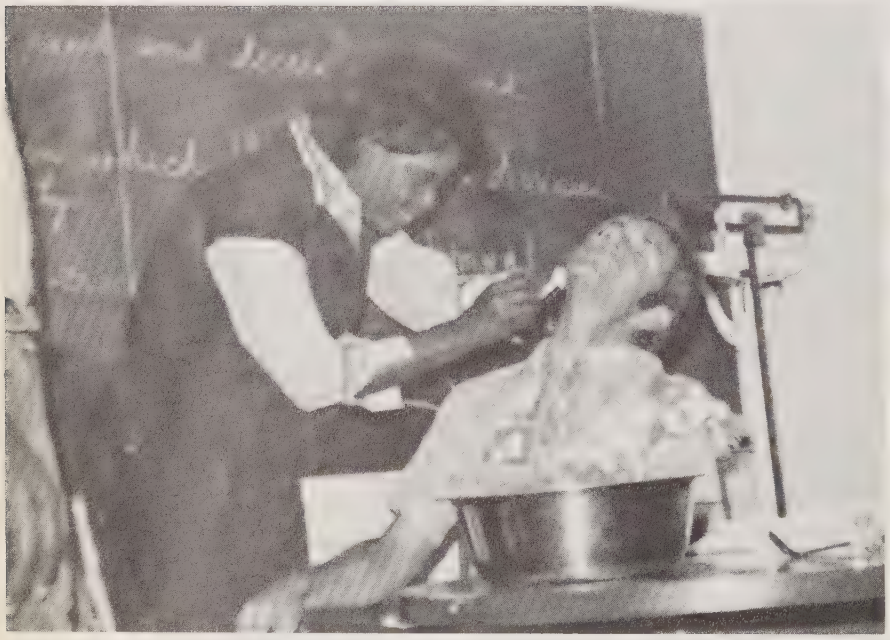
FUNDAMENTALS

From the Seniors to the Freshmen:
Gone are the days of the old rusty steaming bedpan hoppers and walking with your patients along Watts' sunlit hallways. As times change, Fundamentals remain the same. You establish rapport and interview your patient, take vital signs, give baths, give backrubs, empty bedpans and make beds. These tasks may seem simple but they are the basis for the rest of your nursing career. Remember — the traditon of "Watts Fundamentals" will stand you in good stead in the years to come. And already — "You've come a long way, baby!"



Let's go over this nursing care plan one more time!

The PERFECT patient!



Watch it there under the chin!

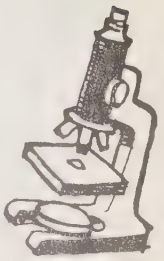
BREAK TIME!

Line up girls — uniform inspection time.

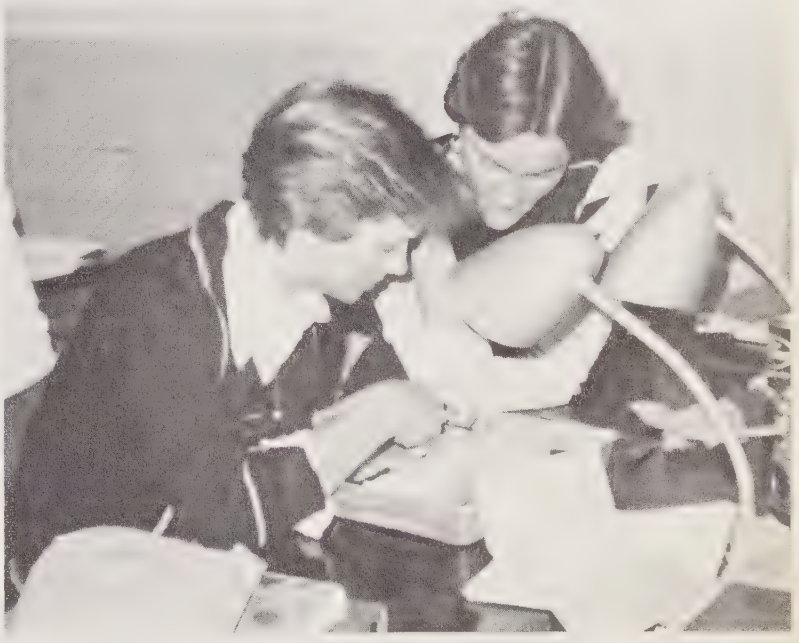
Something tells me today's gonna be a long day.

Late for lab again, huh?

Ask any Freshman what going to NCCU brings to mind and you will get a wide variety of answers ranging from — "It's the only place I know where they paint a yellow line on the street around your car while you're in class", to "I'd even settle for the slow elevators at DCGH after climbing all the stairs over here!" You may even hear, "No wonder they did away with curfew at Watts — the labs last until midnight." Interesting courses like Anatomy, Physiology, Microbiology, English, Psychology, and Sociology keep the Freshmen on their toes. All their subjects prove to be essential in forming a foundation for the many nursing courses ahead.

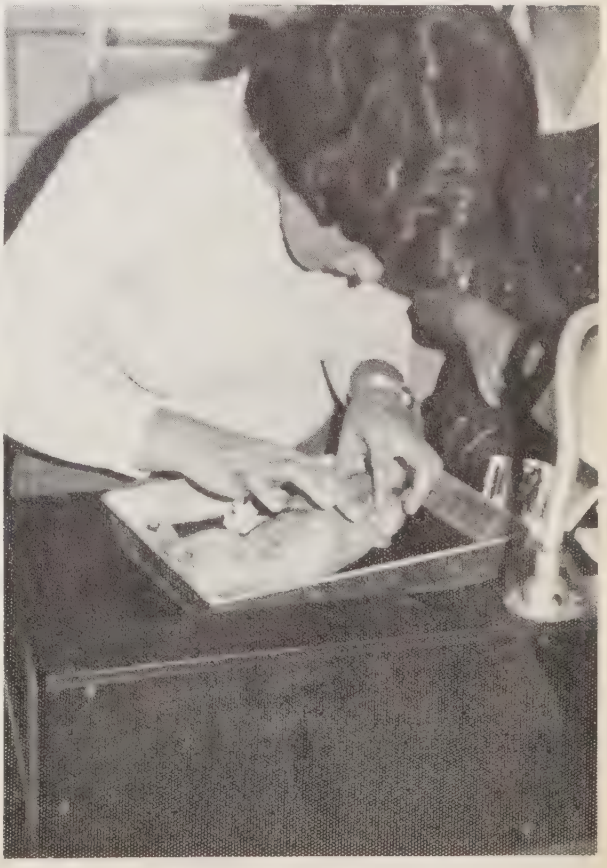


Well, another three-mile hike to the car.



This thing smells AWFUL!

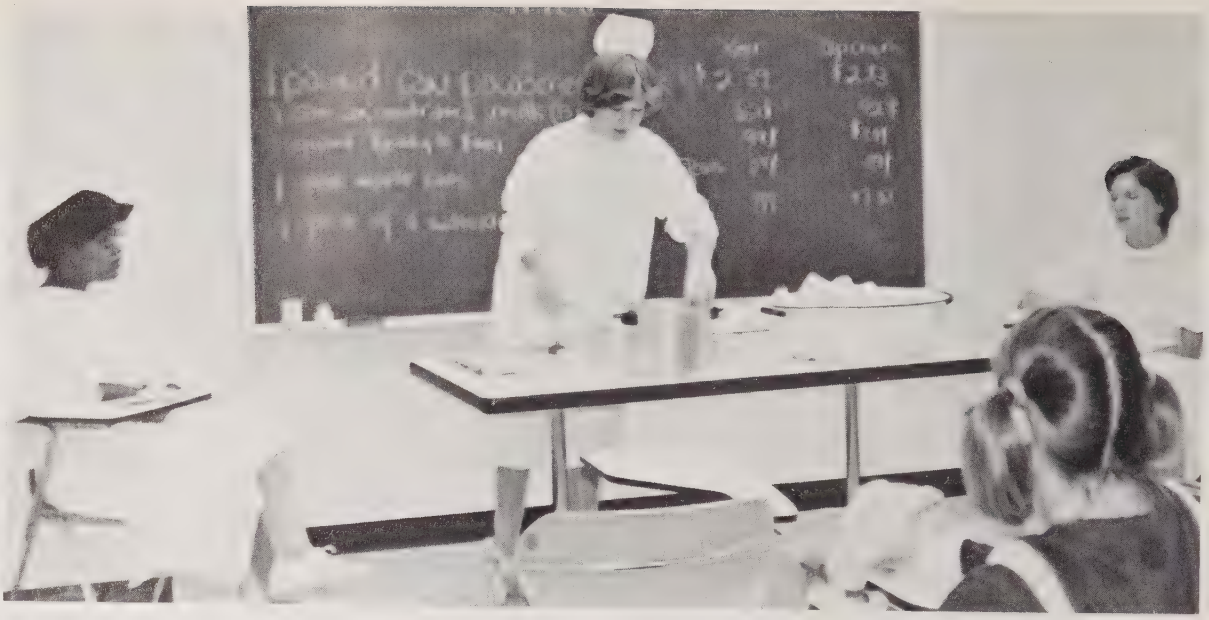
I could have sworn this thing just squealed!



I think my finger is stuck!

OBSTETRICS

Babies, Babies, Babies! Maternity Nursing provides a full perspective of pregnancy by working in the labor and delivery room, nursery, and postpartum unit with our two leaders: Ann with an "E" C. and Eleanor with a "G'. OB adds gusto, zest, and spice to your life with the case study, class reports, seminars, bulletin boards, drug cards and bib cards. There is never a dull moment when taking maternity nursing!!



Well, ladies, now that I've shown you how to mix formula, I'd advise you to buy it already prepackaged!

We are sick and tired of hearing the ten ways to use a condom!

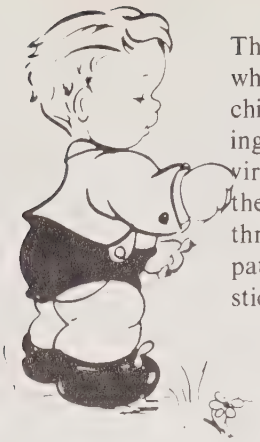
I thought he'd stop crying if it was dark in there!

What do you MEAN 'she's in the delivery room'?? We haven't ADMITTED her yet!

How am I supposed to know what position that baby was in?!? I couldn't even see the head!

If that doctor pinches my tail **one more time!** . . .

Please shut-up, Julie, so we can all go home . . .



The eleven week course in pediatrics is a time in which the student nurse finds herself in her second childhood (and third, and fourth, and . . .). Gaining a child's trust, especially in the hospital environment is a real challenge, but one well worth the reward! One soon realizes the meaning of the thrill of victory (five cc's of sticky medicine in the patient's mouth) or the agony of defeat (five cc's of sticky medicine in the student nurse's face)!

PEDIATRICS

"Ooh, goo, baba dada, poo roo," She said I had to put it down word for word.

"I wish I could figure out a way to change his diaper without waking him up!"

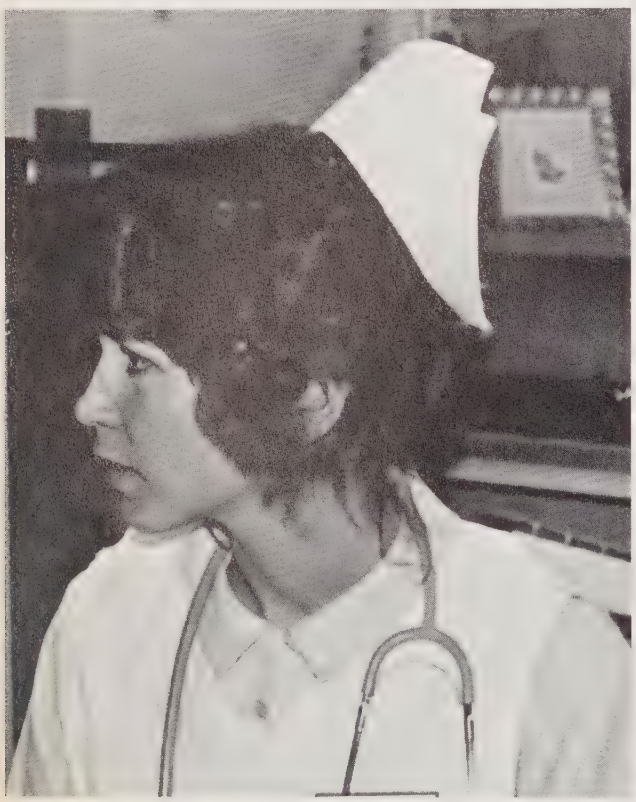
"**I know** this kid won't fit in the crib!"

Every peds student's nightmare!

"You mean I'm not supposed to have my hands in here?"

Junior Med-Surg

You might think twenty-two weeks is a long time, but when you are studying all the body systems you will find this isn't true. Hours upon hours of classes, drug cards, bibs and clinical experience are rewarded with personal and professional growth and satisfaction. Now you see a purpose for past learning as it combines with present needs to form a clear and complete picture. Teaching becomes a part of nursing in preparing your patient for surgery. You find the OR can be an unforgettable happening, especially if you faint or contaminate a sterile field! Following your patient through this experience provides a better understanding of your patient as a whole.



"My patient is doing what?" asks Sue Ryder.

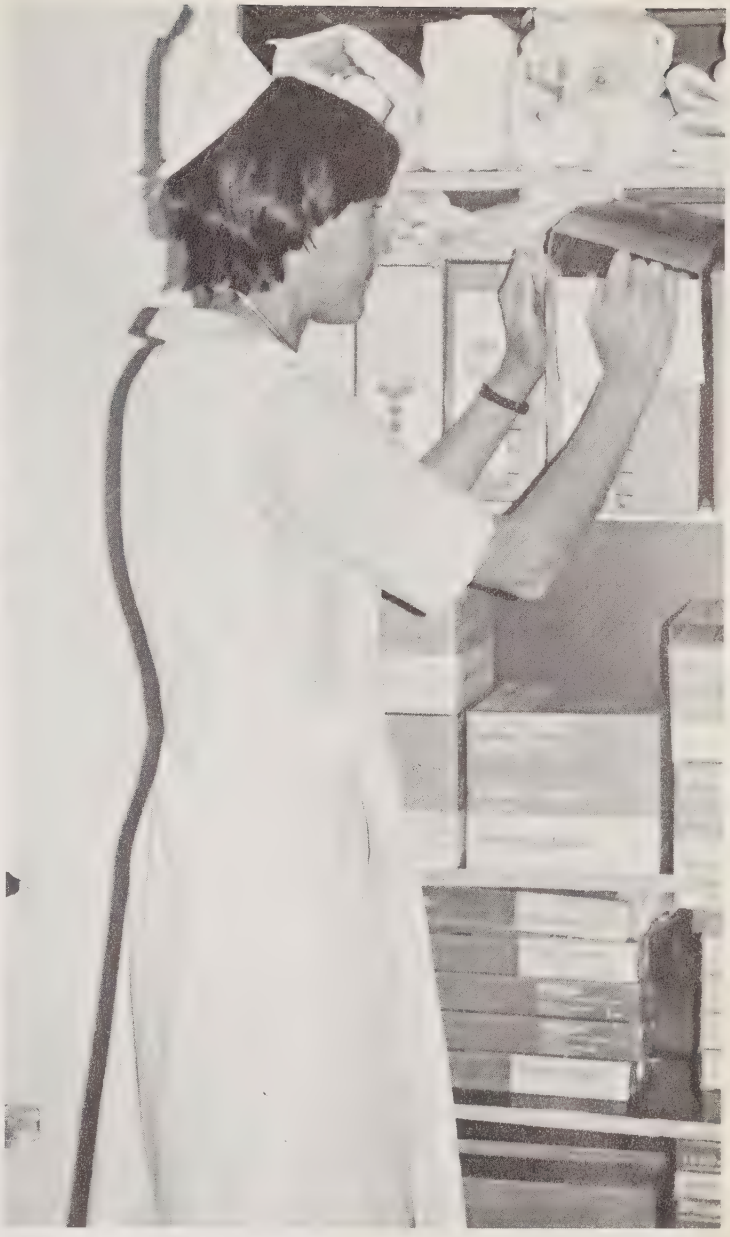
One can surely get "hung up" in orthopedics! (B. Urban)

Good Morning girls. It's time for another busy day. (B. Little, V. Watkins)

Always ready to help, Mrs. P. Holloway checks L. Layton's and S. Montgomery's teaching plans.

"Can **anybody** read these doctor's orders?" (L. Jessee, D. Truelove)

"U-r-o-b-i-l-i-n-o-g-e-n-e-m-i-a! Uro-bili-nogen-emia!"

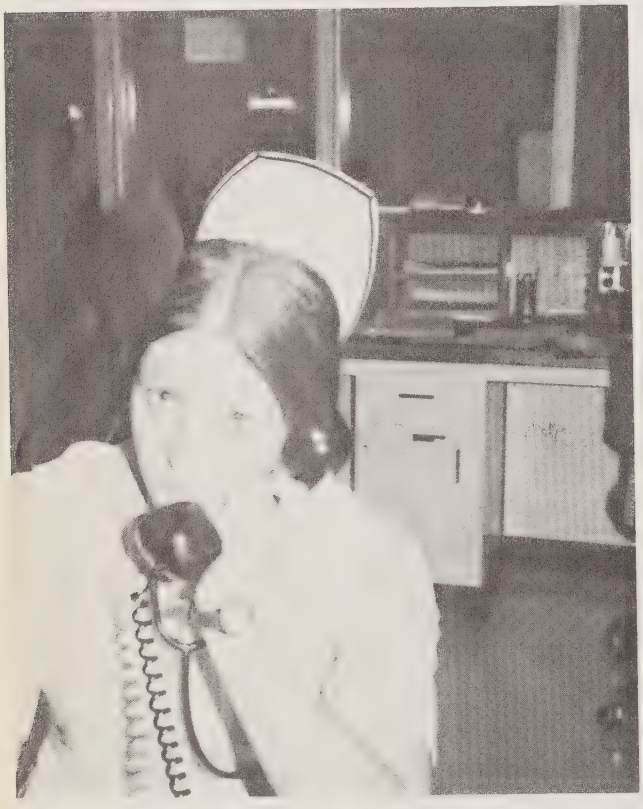


"Just as I thought — EMPTY!" (D. Smith)

"Nursing Audit won't get us!" (S. Koerner, M. Hawkins)

Lloyd Kim discusses his role as a Physician's Assistant.

A whole tape for **one** patient!?! (J. Ray, M. Mann, C. Parker)



Paging doctors is SO much FUN! Right, Robin?

Dr. J. Bergant, helps us to realize just how INTERESTING Urology can be.

In Nursing Management we suddenly find ourselves in a very different role — that of a leader. The team leader finds herself thrust into the position of "boss" and feels that it is she alone against the world. To the med. nurse, the bombardment of twenty I.V.'s and countless injections make her eight-hour clinical days seem a lifetime. It is the joy of seeing a patient recover that makes it all worthwhile. Through it all, however, it is the constant encouragement from Mrs. Holland and Mrs. Crill that helps her to maintain her sanity!

What more perfect "models" could we have for examples in Leadership?

Psychiatric Nursing

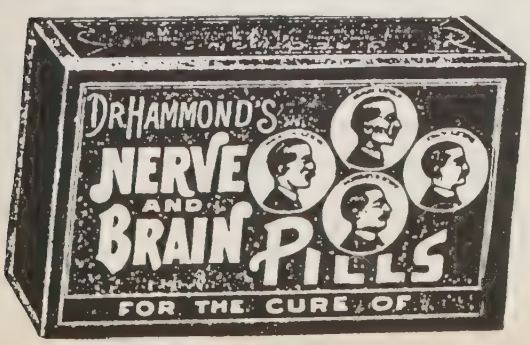
Psychiatric Nursing — a change as well as a challenge for Seniors. Most of the students are in agreement — the first four weeks are spent in really getting to know yourself. Dealing with our own emotions gives us an insight as we deal with our patient's emotions. Speaking of emotions, embarrassment is often felt upon hearing yourself on the tape recorder talking with your patient! After experiencing fear, sadness, happiness, frustration and excitement, along with being continually analyzed, some say they are developing signs of being a manic-depressive! But overall, the experience is a growing one and you have the joy of knowing you are sunshine to some patients who need it most.

We'd like to choke the person who invented tape recorders!

Do I have time for a break? (M. Lofton)

Does Butner have an institution for coffee addicts? (J. Rigsbee)

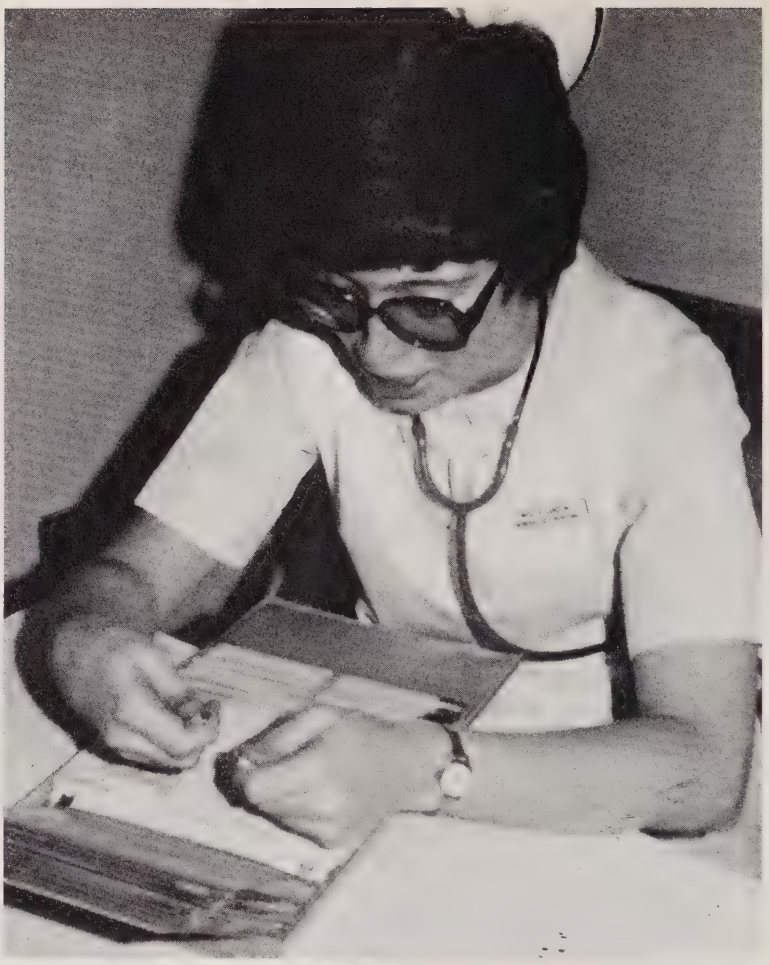
Friends make Butner easier! (R. Bragg, D. Satisky)



I wonder what Freud would say about that?! (P. Hartsfield, P. Kincheloe)

Concepts In Nursing

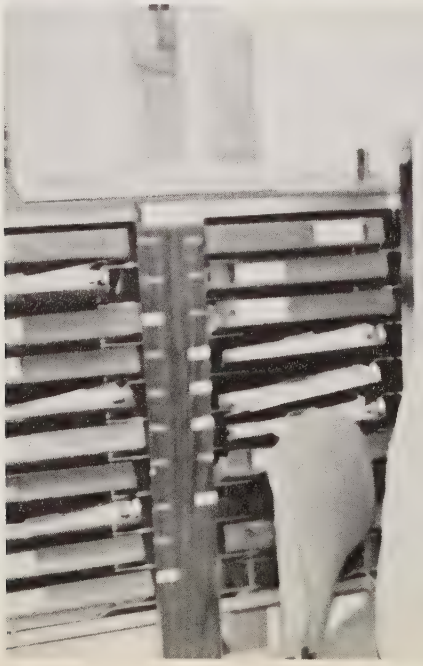
Concepts in Nursing — a variety of experiences that "puts it all together" for the Senior student. The eleven week course encompasses rotations into the Medical and Surgical Intensive Care Units, the Coronary Intensive Unit, the Recovery Room, the Emergency Department and the Progressive Care and Neurological Units. A new and exciting dimension was added, also. We were given the chance to "ride the ambulance" with the EMT's!! What a unique adventure. Everyone is still talking!!

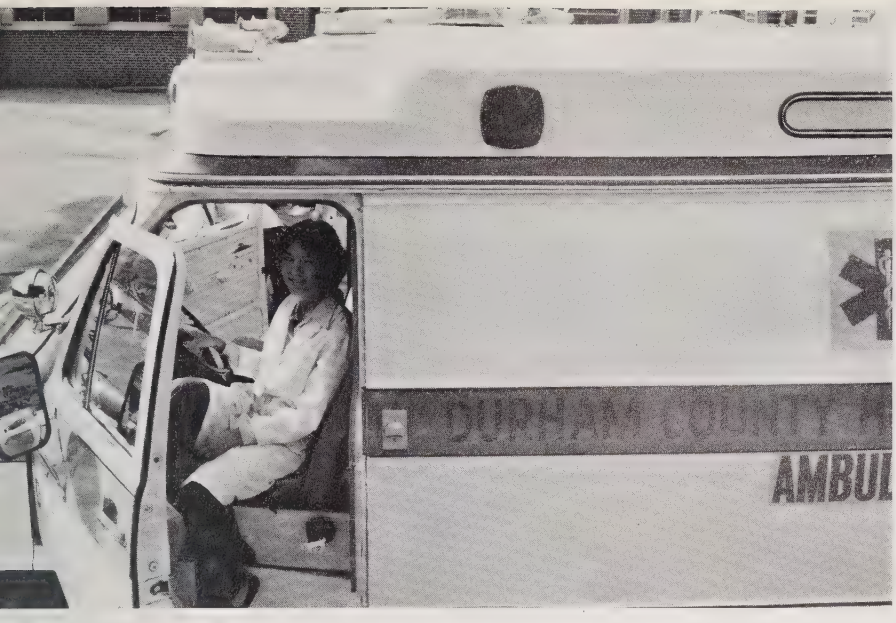


What problem can I give my patient this time? (R. Gordon)

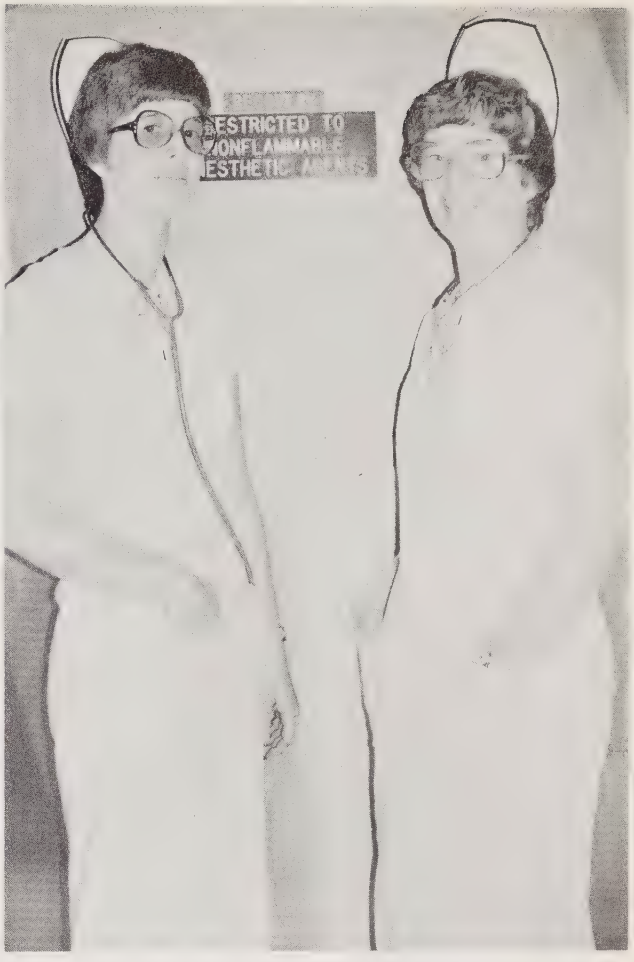
IVAC's come in handy, but they sure are complicated sometimes! (A. Rives)

What does it mean when there's just a straight line? (D. Pettus)





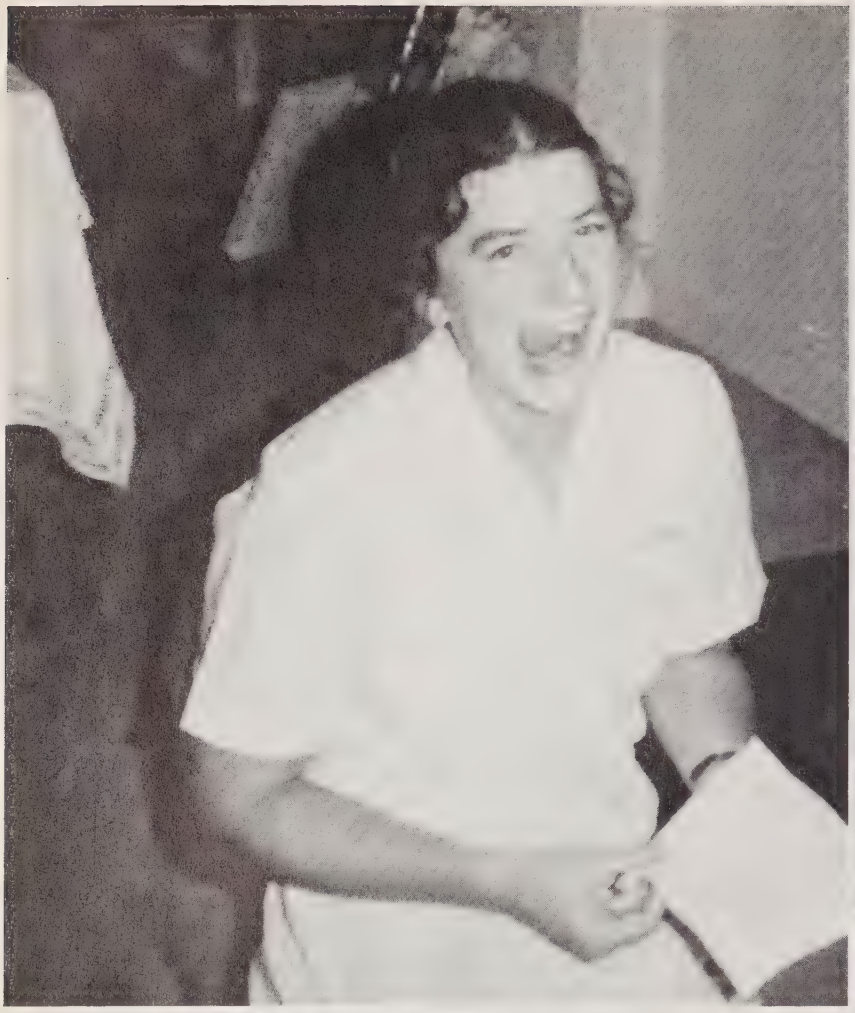
"Why can't I drive?" (M. Alspaugh)

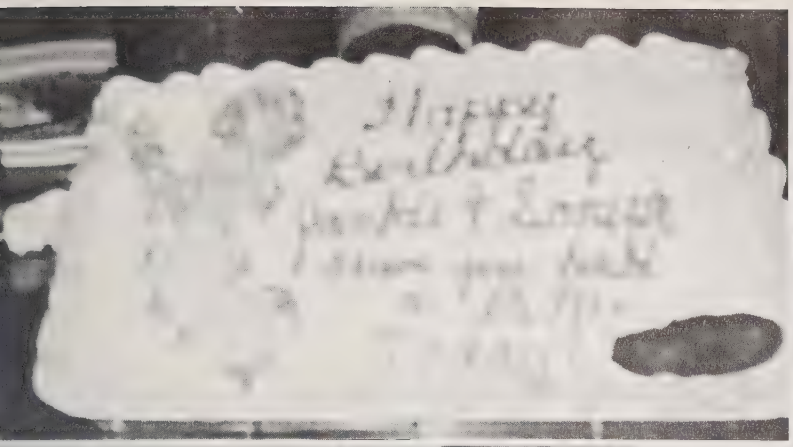


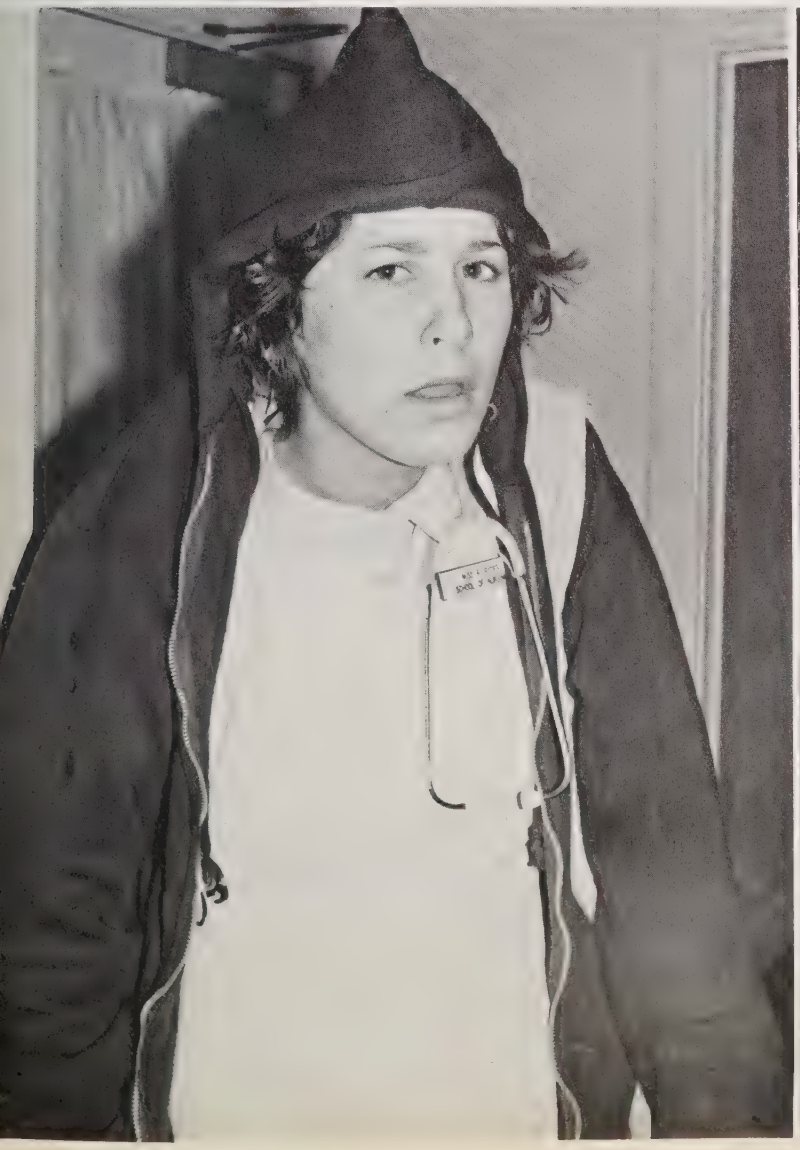
Here we have Karen and Roberta modeling the most fashionable uniform of the year.

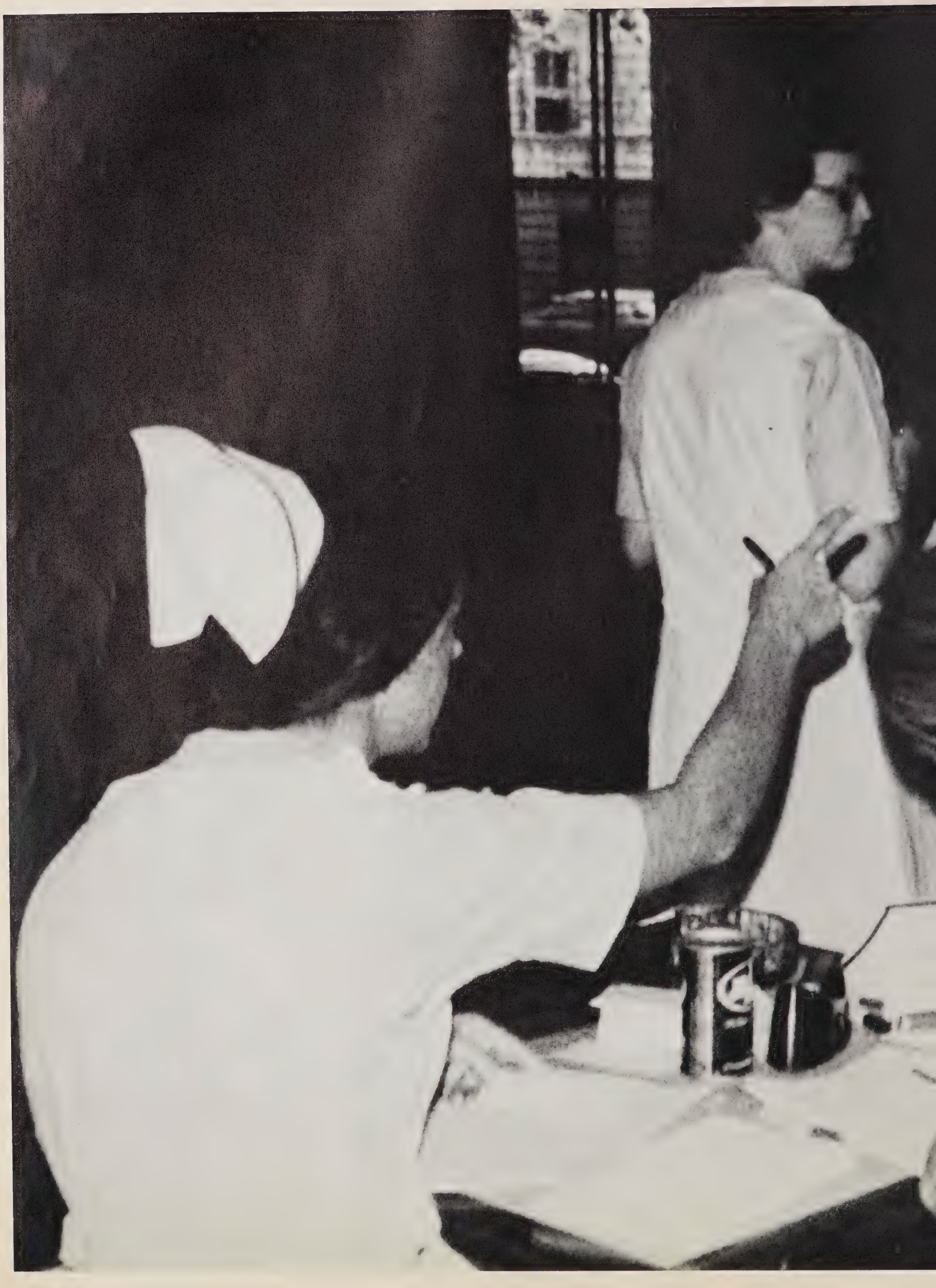
"We love you Dr. Weng!" (Z. Ross, B. Hicks)

One last look at our clean uniforms! (E. Daye, P. Collins)









Memories of '78 ORGANIZATIONS

SANTA FILOMENA

Left to right: R. Bragg, N. Cash, L. Tolson, J. Rigsbee, K. Howard, C. Martin, P. Collins, K. Allen.

CSU Left to right; Bottom row: G. Rice, M. Ferrell, S. Morgan, A. Ramsom, J. Earp, A. Rives. Middle row: B. Little, T. Wood, L. Wicks, D. Hocutt, S. Martin, C. Martin, K. Johnson, D. Hicks, T. Hoyle. Back row: J. Duck, A. Souther, C. McLamb, C. Strickland, D. Binkley, V. Watkins, P. Baldwin, R. Gordon, N. Johnson, B. Robbins, S. Ezzell, D. Gordon. OFFICERS: D. Truelove — President; D. Binkley — Vice President; Program Chairman; A. Souther — Secretary, Treasurer; T. Hoyle — Song Leader.

VOLLEYBALL TEAM

Left to right: Bottom: D. Hocutt, T. Wood, S. Ellis — Captain, J. Ray. Top: S. Salmon, M. Hawkins, R. Wiseman.

STUDENT COUNCIL

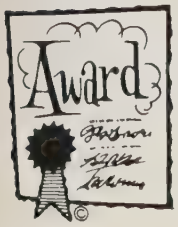
Left to right: Sitting: V. Watkins, S. Martin, K. Howard — Commuter Representative, R. Wiseman — Student Body President. Standing: L. Wicks — Student Body Treasurer, D. Hicks, S. Morgan — Student Body Secretary, S. Ellis — Student Body President Elect B. Little.

ANNUAL STAFF

Left to right, bottom: A. Rives and T. Ellis, Co-Editors; top: S. Martin, Business Manager; L. Fisher, Photography Editor; S. Bray, Copy Editor; L. Mahannah, Layout Editor.

Left to right, bottom: A. Rives, S. Martin, T. Ellis, C. Martin, D. Hocutt, T. Wood, C. Parker, S. Ellis, L. Fisher. Back: D. Gordon, N. Johnson, K. Ragan, S. Barham, L. Mahannah, D. Gupton, J. Ray, S. Bray, C. McLamb, P. Baldwin, V. Jackson, M. Coore.

ANNIE RECIPIENTS



Annie, who appears to be a chipped and battered figurine, has a meaning beyond that which she presents. Since 1943, she has been a tradition at Watts. From the first year that Annie moved in, she has become a symbol of congeniality and understanding between two chosen roommates of the Junior class. She is presented during the Blackbanding Ceremony. This year, Annie has lived with Marsha Mann and Cathy Strickland.

Memories of '78 STUDENT LIFE

All dressed up for a big night on the town!(?) (A. Souther)

Another normal night of dorm life! (B. Little, V. Watkins)

"Just let me park it in front for **FIVE** minutes — that's all I ask!" (S. Bray)

Watts' new "top of the thigh" uniforms! (K. Parker, D. Smith)

That's not **quite** what we meant by "good body mechanics!" (L. Little)

Is this all that's left of the Freshman class?

Just like a Freshman — always doing things the hard way!

Ah Ha! Caught you! (D. Hicks)

A nice relief from everyday pressures!

No — Closing your eyes will not make it taste better! (L. Wicks)

Birds of a feather flock together!

"Mail call!" Our only contact with the outside world!

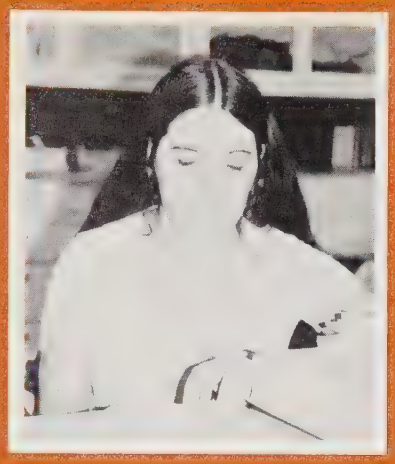
"You know what you can do with that camera?" (D. Smith)

It's just another obscene phone call! (L. Lawson)

"Charlie's Angels" — complete with protective mouth gear. (L. Fisher, V. Crill, E. Hix)

Mrs. "Filler" just can't believe how FAST her baby grew! (D. Gupton)

Your ten minutes are up — you'd better hide! (J. Earp)



Last minute cramming . . . (T. Gates)

Kris, we've got to go! It's almost midnight! (K. [illegible])

Alright! Who did it? (S. Bray)

Leaving so soon, Freshmen? You've only been here one week! (K. Johnson, M. Coats, V. Jackson)

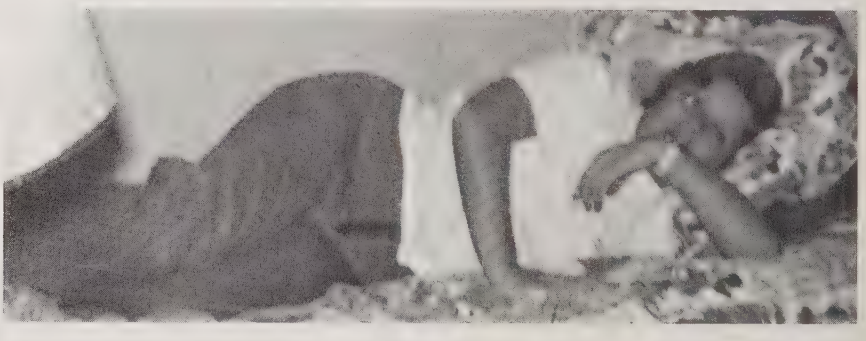
Eating out — our last resort for recreation. (C. Martin)

At nursing school they teach you to budget your time. (R. Wiseman)

A special occasion — Capping!

Those last nervous moments before Capping!

What will they think of next?



A few moments of much needed rest! (V. Watkins)

Surprise and HAPPY BIRTHDAY! (C. Martin)

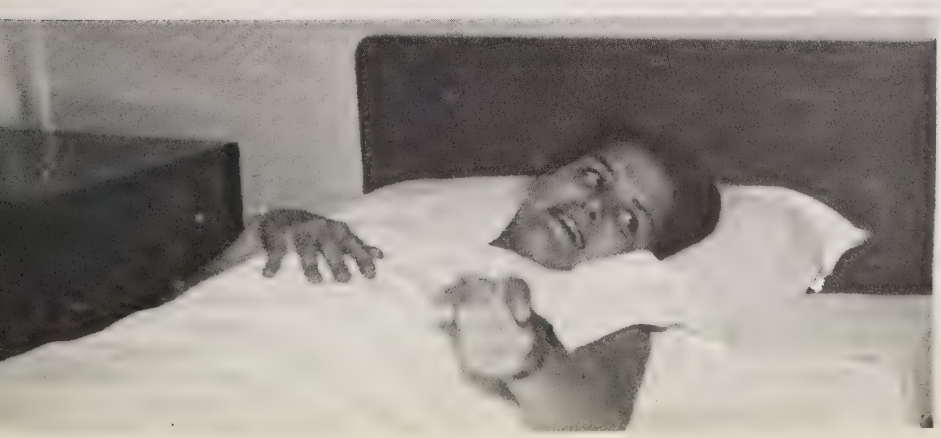
Where'd that roach go?

Is this how Marcus Welby got started? (S. Ellis, S. Barham)

Three "unidentified freshman objects".

A free meal??? (B. Little)

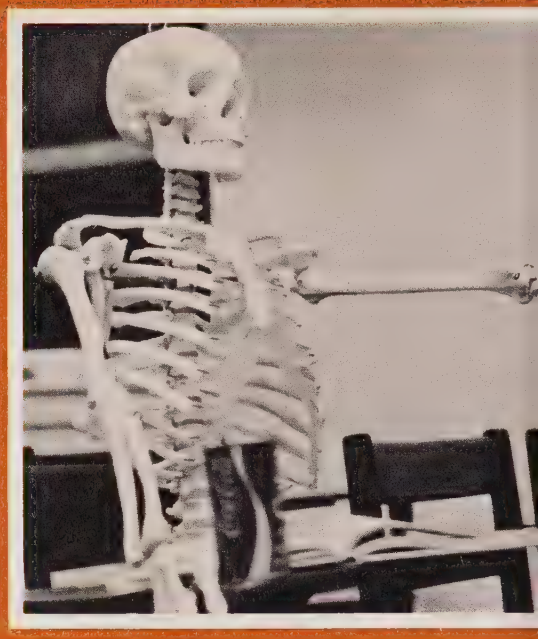
I gotta get OUT of here! (S. Martin)



You will NOT practice catherization on ME!

At home with Audrey Souther?

D. Gupton attempts suicide (down the laundry chute,) but is saved at the last minute by C. Hall and S. Bray.



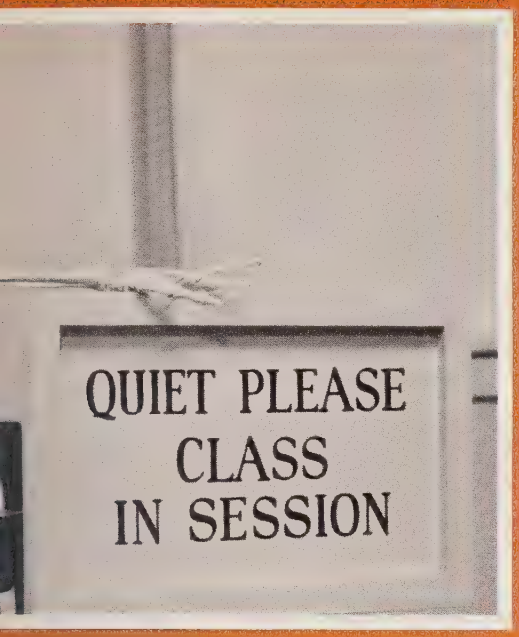
Is this all that's left of the Freshman class?

I didn't know I'd be living in a cardboard box! (D. Hecatt)

We can't even sneak one up and look who's bringing in a crate! (S. Bailey)

It's great to carpool, but isn't this a bit ridiculous?

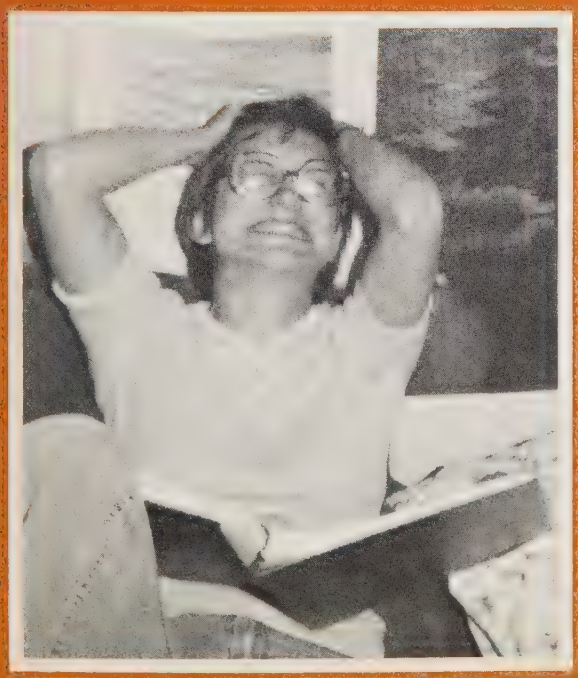
So THIS is male initiation?! (P. Collins)



Closed study can be beneficial to the seldom few. (S. Morgan, G. Rice)

Who are you trying to impress? (P. Rosser)

Calm down — this place can't be that exciting. (C. Webster)



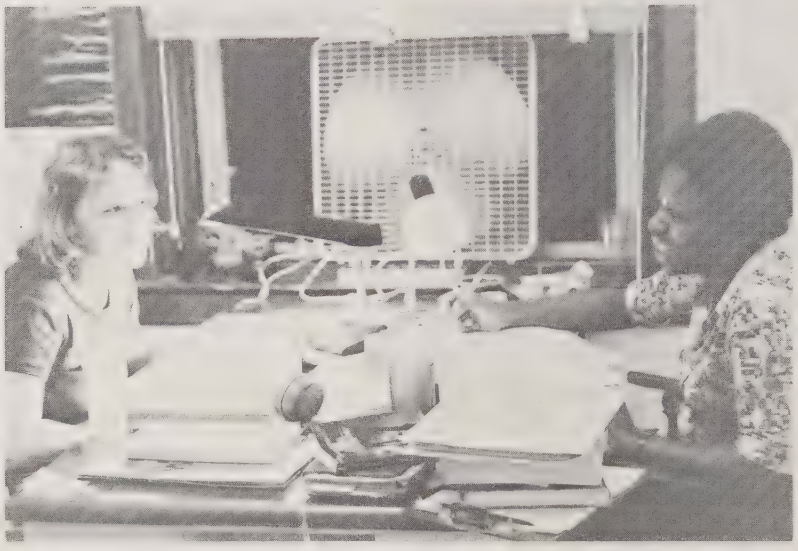
There's at least one every night that can't take it. (M. Ferrell)

Symptoms: nausea, vomiting, diarrhea, disorientation.
Diagnosis: champagne overdose!

D. Cobb and A. Phelps observe the tow trucks in the fire lane.

"You mean they didn't lock up the mixer!" (B. Little)

"What? You **didn't** want a wedge?" (K. Ragan, L. Mahannah)



As freshmen, you get to know your desk very well! (D. Bailey, P. Merritt)

P. Holloway demonstrates the proper technique for Phagia: prepare it and then start cramming.

N. Cash with two friends of the Senior Class — H. Holloway, J. Fuller.

Studying means being cooped up in the dorm? (V. Suggs)

"Mama told me not to come!" (T. Hoyle)

Love endureth all things. (K. Bloom)

"We love you Seniors, oh yes we do . . . "

You just run your little legs off being med. nurse! (C. Hall)

Looks like Freshmen have been practicing again!

If the HERSHEY bar falls, it's MINE! (S. Barham)

"How can such a LITTLE tube cause such BIG problems?" (C. Cobb)

Obviously Freshmen haven't learned about professional dress!

Please let me out! I forgot my token! (D. Denesuk)

Kris, there is a limit on calls!! Five calls per night; five minutes per call!

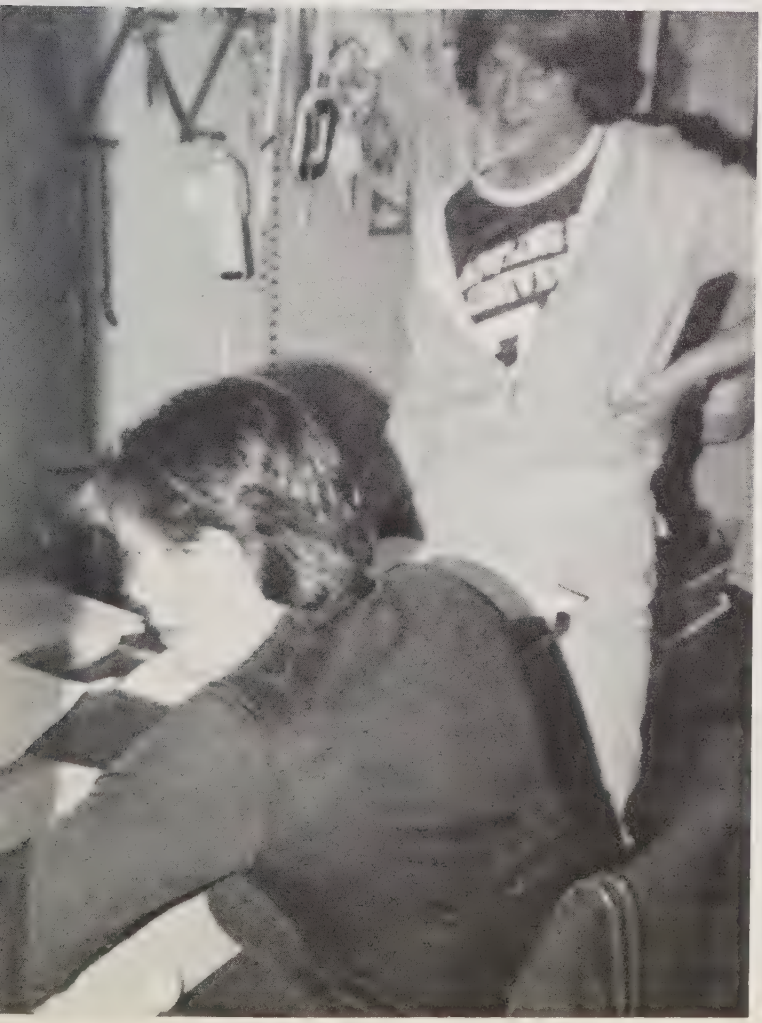
Tennis . . . for a little excitement. (T. Ellis, L. Fisher)

It never fails. If you want HIM to call, just get in the shower!

Student Body President, Ruthie Wiseman, (alias Florence Nightingale), leads newly capped freshmen, sharing their pride.

Ordering class rings present SENIORS with BIG decisions.

Caught in the act! SENIORS always take advantage of free food!

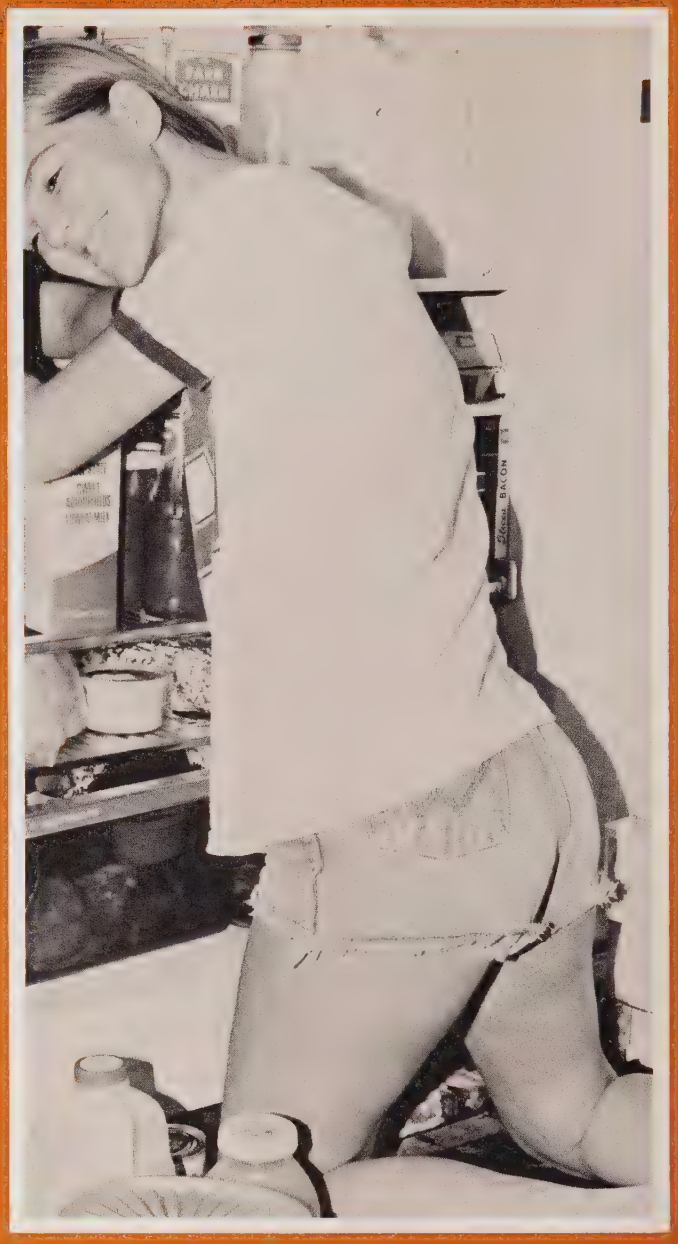


Juniors are rudely interrupted from study (?) by a camera flash.
(M. Hawkins, V. Kirk)

"I just got capped and my little sister is so proud of me!"

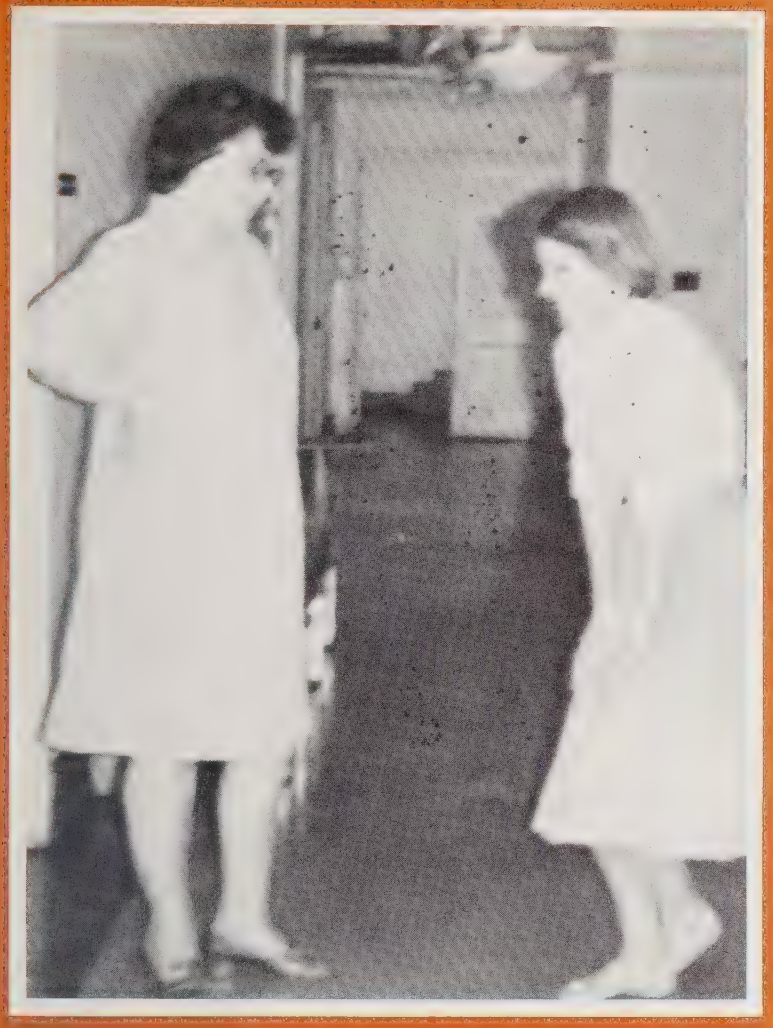
Commuters find time to get into that "crowded" library. (J. Prince)

What is Constance planning this time? (S. Martin, C. Hall, S. Salmon)



Susan Bray finds a place to "cool it" on a hot summer day.

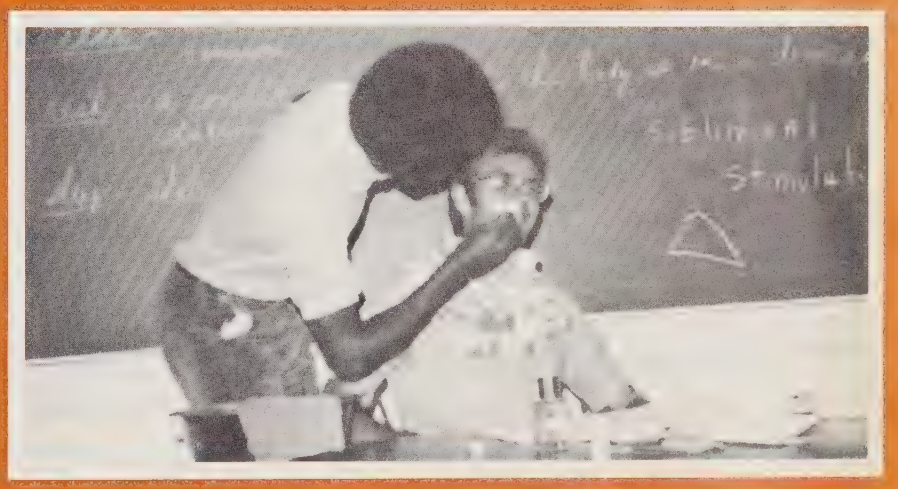
There is at least **One** every night that just can't take it!



Luanne still hasn't learned after two and a half years here!

As demonstrated here, privacy is obsolete in the dorm.

"I'm so P-U-R-D-Y!" (K. Glasco)



What are you practicing? Shaving or first aid?! (J. Stewart, S. Bailey)

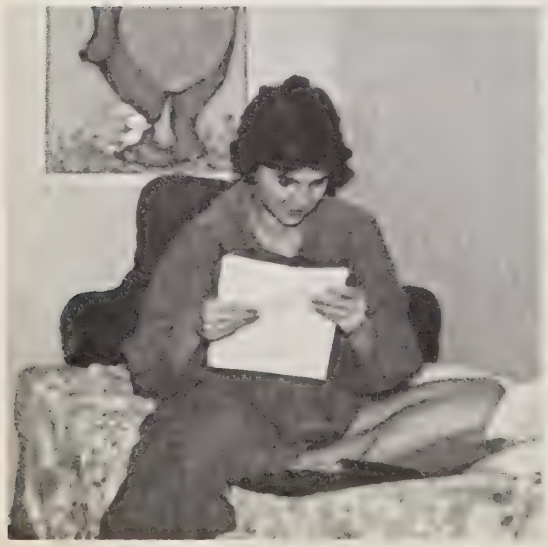
Alright!! Who took the candy cane with MY name on it?

Ship this to Vegas with the other rip offs! (W. Wilson)

WHAT did you say I put in my mouth?
(D. Jones, B. Hicks, R. Gordon)

Summertime means PARTY time!

It's nice to know someone cares? (D. Wood, C. Strickland)



I think 316 pages is long enough!
(C. Jackson)

Look out, Durham! (L. Little)

Intense "studying." (V. Jackson, M. Core)

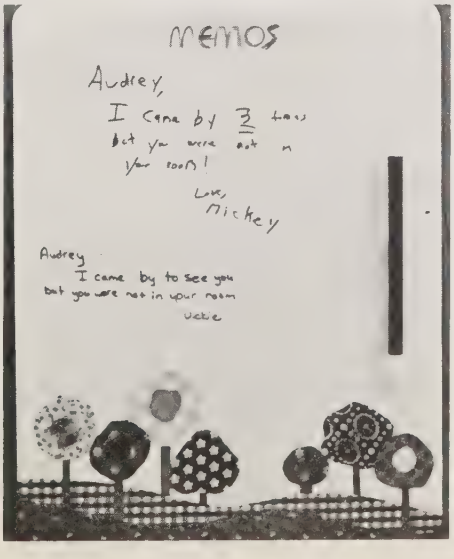
Our role model — all smiles! (P. Aldridge)

Why toast 150 more days with **Coke?!**

Lounging around during break . . . (E. Kimble, D. Gordon)

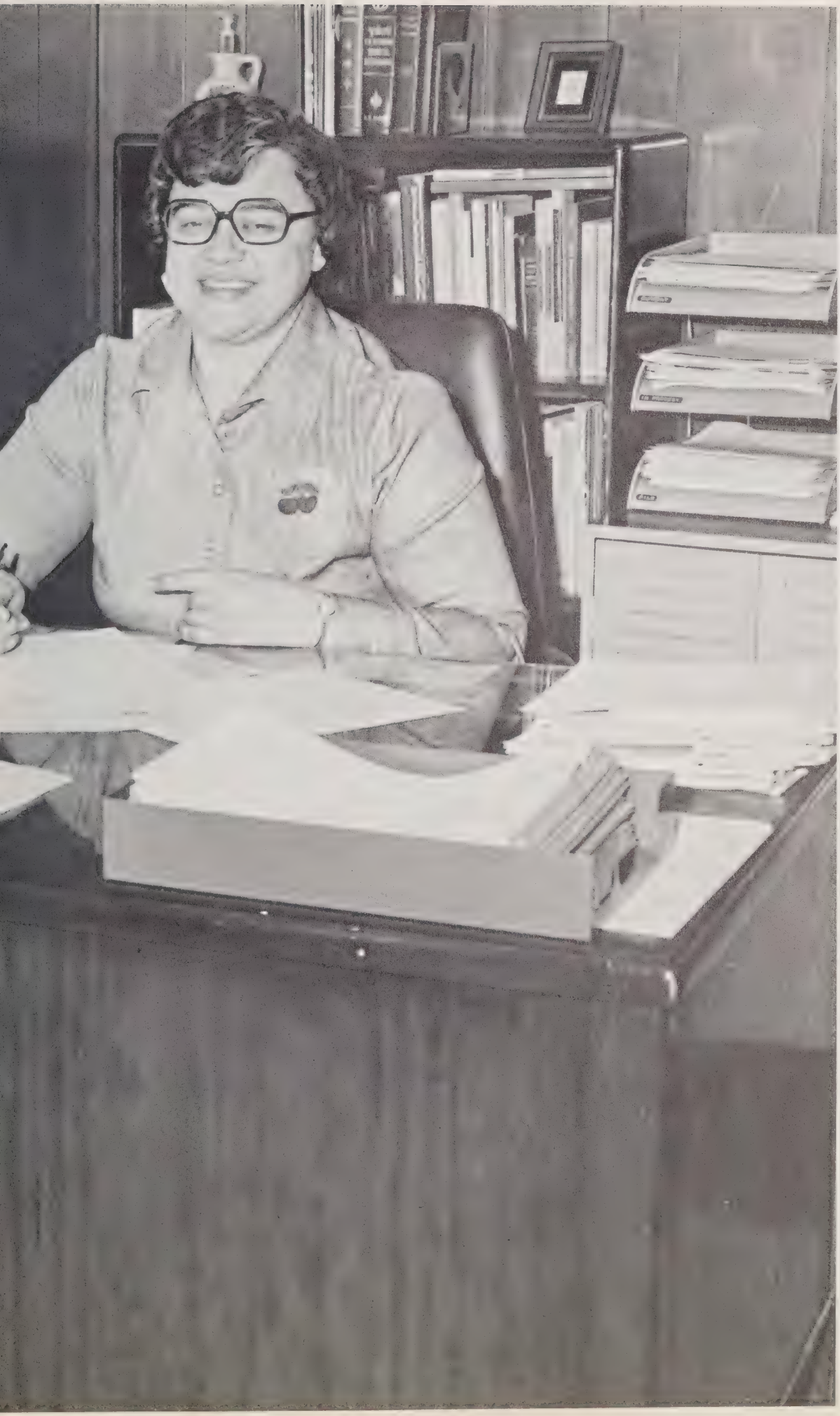
Wish we all could be "California girls." (D. Painter)

Do I REALLY need this? (A. Rives)



Keeping office hours?

Hollywood wants me?! (V. Suggs, J. Cox)



Memories of '78 STAFF

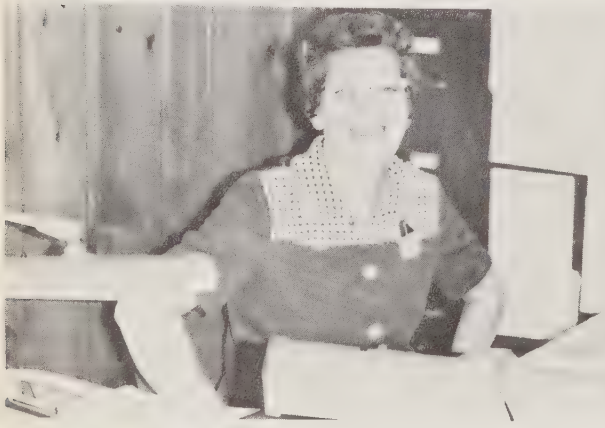
SPOTLIGHT

"Twenty-five copies of tomorrow's test!"

MRS. HUNT

Because you are "everyones right hand" . . .
Because you are "the axle around which Watts turns" . . .
Because you are "always ready and willing with a smile" . . .
Because you are "special" . . .
Because you always know the "answers" . . .
Because you get here every morning at seven o'clock . . .
Because you always have lots of change for the students . . .
Because "this place could not function without you" . . .
. . . the 1978 White Cap Staff would like to take this oppor-tunity to show you how much we all appreciate you!

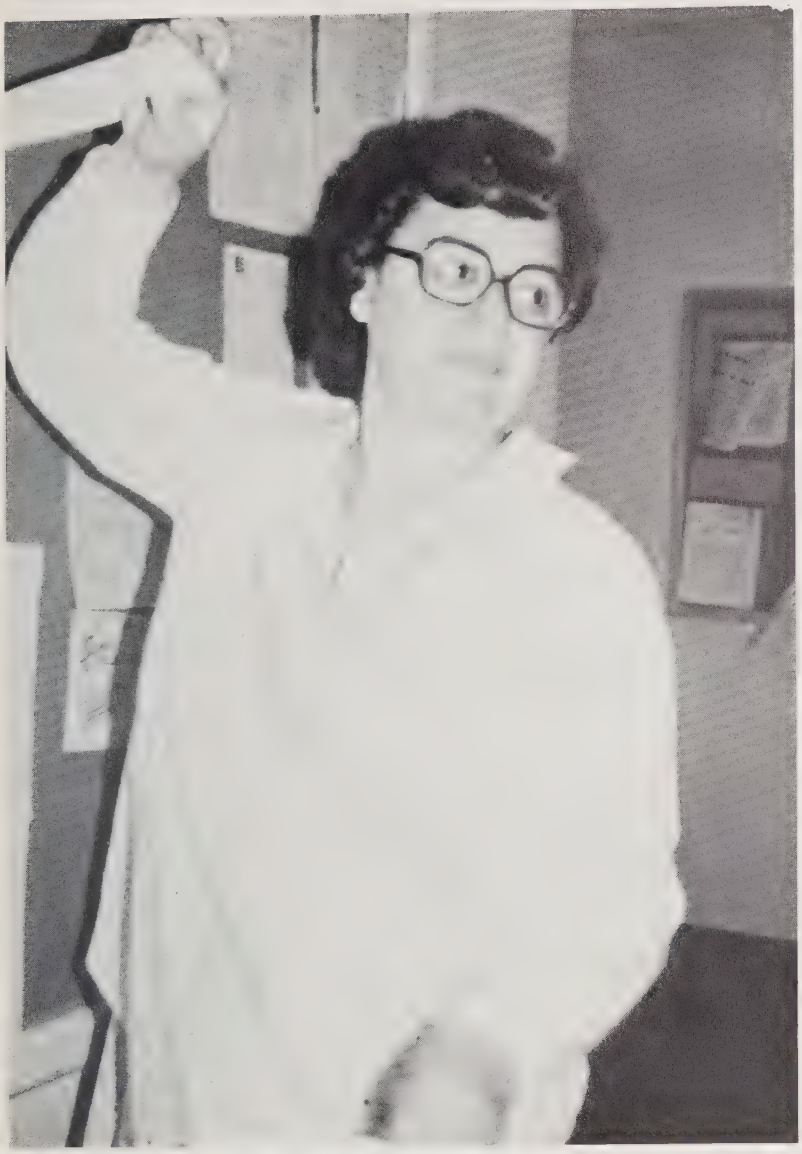
First to arrive—last to leave.

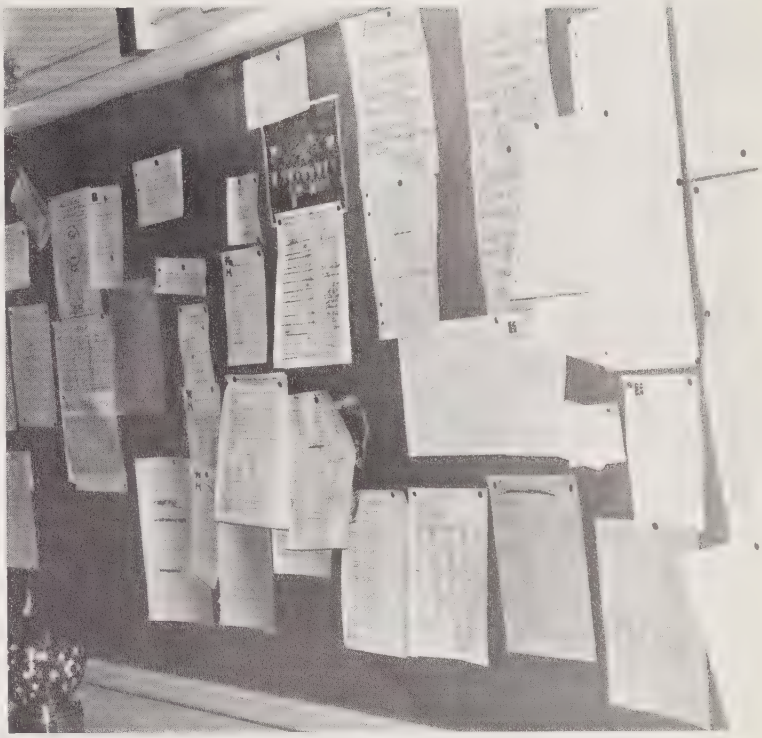


Service with a smile!

Our own executive money-changer!

ADMINISTRATION





(!!!!!!!)

Mrs. Beverly Smilth, Director of Nursing, at a familiar place—the bulletin board!

Mrs. Greta Brooks, Assistant Director of Nursing, faces another long day of paper work.

Nona Martin, **JUNIOR** instructor! (oops!)

Pat Brady, is ready to leave after three hours of clinical.

Donna Rogers, pauses during her busy day to talk about Carmen.

Norma Lipscomb, introduces a "favorite subject", — nausea, vomiting, and diarrhea.

INSTRUCTORS FRESHMEN

Carol Phillips recruits a few annual staff workers during her lecture.

Gail Covington, Pediatrics, needs a little "caffeine" to keep up with the kids.

Pat O'Leary, Pediatrics, and her "Irish" (?) collie.

Anne Carroll, OB, looks like she just stole a baby.

Eleanor Gould, OB, relaxes after a hard day of "labor".

Linda Winborne, Med-Surg., shares a little "constructive criticism" with Peggy Clark.

Penny Holloway, Med.-Surg. can't wait to hit the road in her "red hot Charger" after work.

Eleanor Stein, Med.-Surg., enjoying her favorite past-time — drinking coffee.

JUNIOR INSTRUCTORS

Leadership Nursing takes good humor, patience and understanding—Vickie Crill and Mary Holland certainly have a lot to offer!

Besides being an excellent instructor in Concepts, Linda Delbridge is also an accomplished "fish-mobile-maker"!

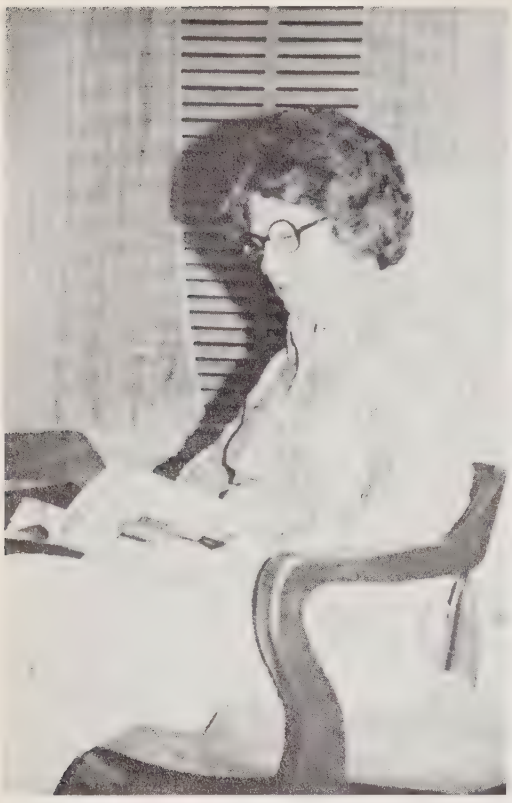
Betsy Fletcher, Concepts instructor, is bound to be a good mom—she sure takes care of us in clinical!

SENIOR INSTRUCTORS

Pam Aldridge, recruiter, awaits students with open arms.

Patsy McFarland, secretary, is the students' own token giver, fee collector, and mail carrier.

Mrs. Priscilla Hoover, librarian, is always willingto help a "lost" student in our enormous library.



Mrs. Gladys Hobbs

Mrs. Dot King

Mrs. Norma Pleasants

Mrs. Marilyn Ladd

Mrs. Lucille Rich

Mrs. Thelma Smith

Mrs. Margaret Harris

House Mothers

In our busy days and nights in the dorms, we all found a comfort in our "home away from home — mothers". Always there, always interested and cheerful, they add much to our memories of "Watts". Thank you for all your help and concern.

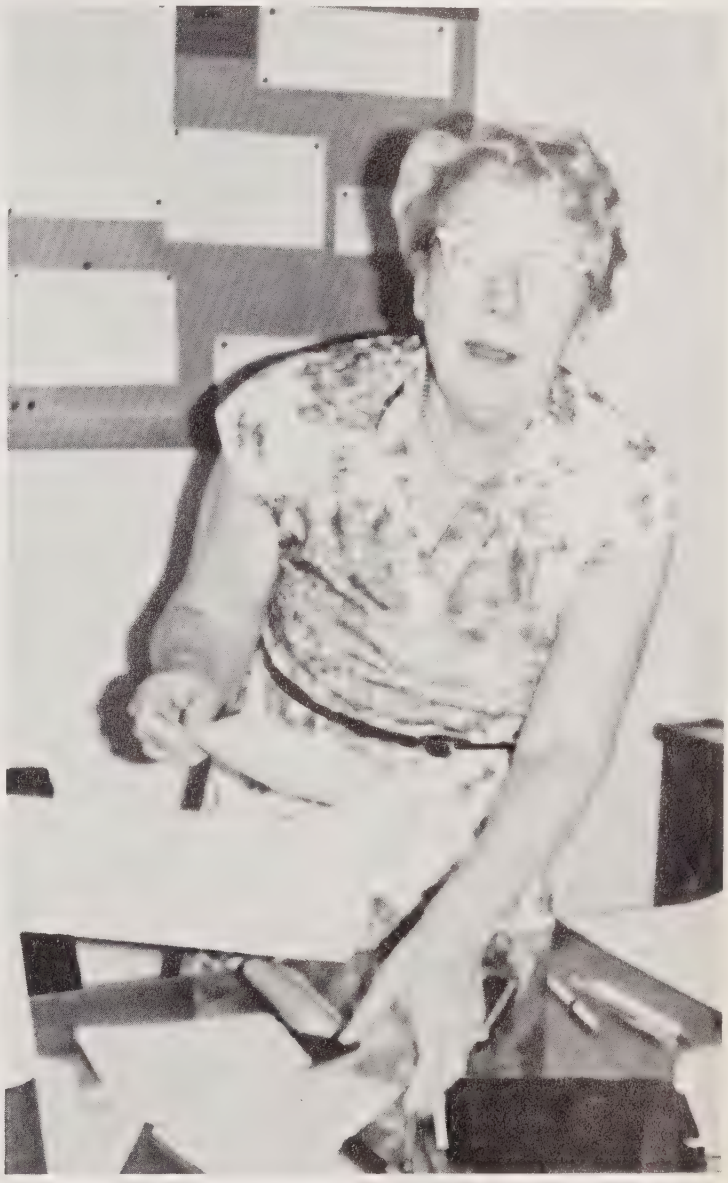
(Not pictured) Mrs. Bunn — new housemother
beginning November 7, 1977

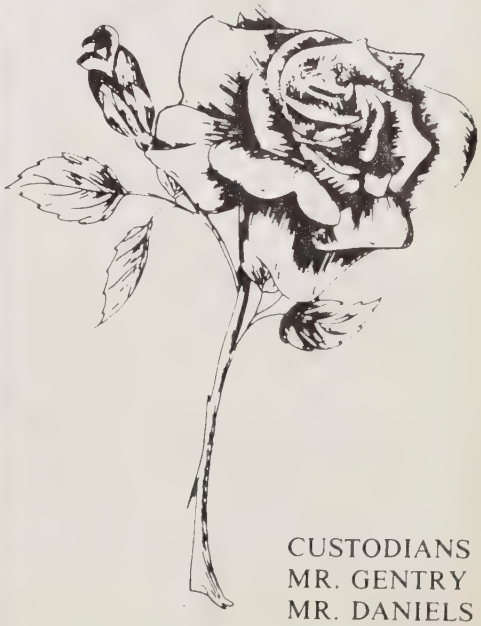
In Appreciation . . .

Six years of service —
Mrs. Hazel Rickman

In Memory . . .

Ten years of service —
Mrs. MacNeil — Housemother Supervisor

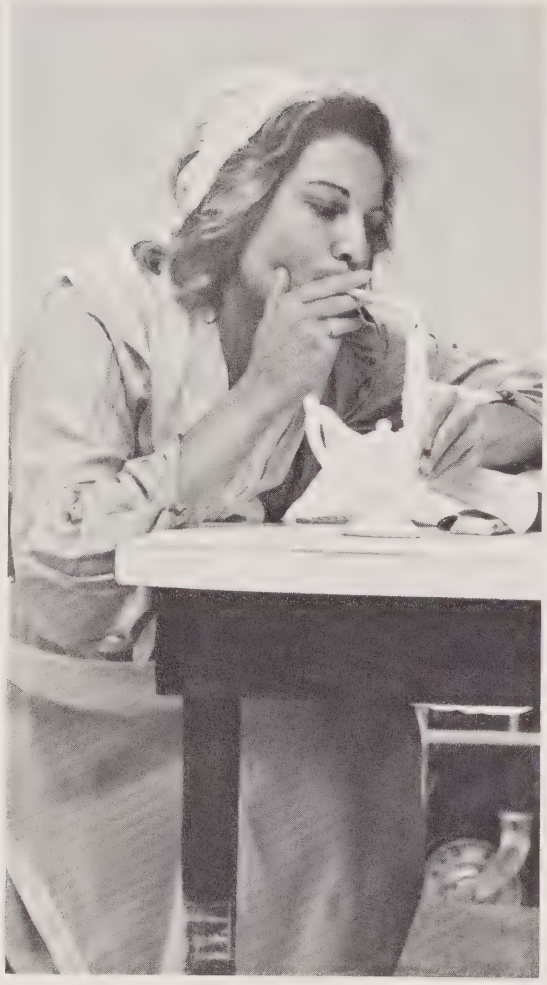




CUSTODIANS
MR. GENTRY
MR. DANIELS
MRS. PARKER
MRS. ADAMS

SKIT NIGHT

Ande King finds it amusing that an instructor is shorter than she is — Mrs. Runt. (B. Little)



Kris Glasco, ("alias Florence Nightingale"), puts the "light" on the fine print that we missed in our student handbook.

"Allrightfaroutrightonthat's goodneatogroovyheavy . . . " comments Mrs. Rock-On-Gillips. (K. Parker)

"Boy or Girl? How can I tell if I can't touch (whoops) the baby, Mrs. Ann with an E?" (Z. Ross, D. Wood, D.Kimbro, D. Pettus, K. Allen)

Once again Mrs. Filler charms a brat into an angel, as the student disgustedly looks on. (T. Ellis, E. Chappell, D. Gupton)

Ms. Lip wonders if her student is "out to lunch" again. (K. Ragan, L. Lawson)

Recruiting for Watts takes MORE than dedication. (P. Aldridge)

Obviously we aren't all Watts graduates! (C. Phillips, P. O'Leary, L. Delbridge)

"What's so 'good' about this, Mrs. Followay?", asks P. Collins.

All those who signed up
for volleyball meet
Community Building

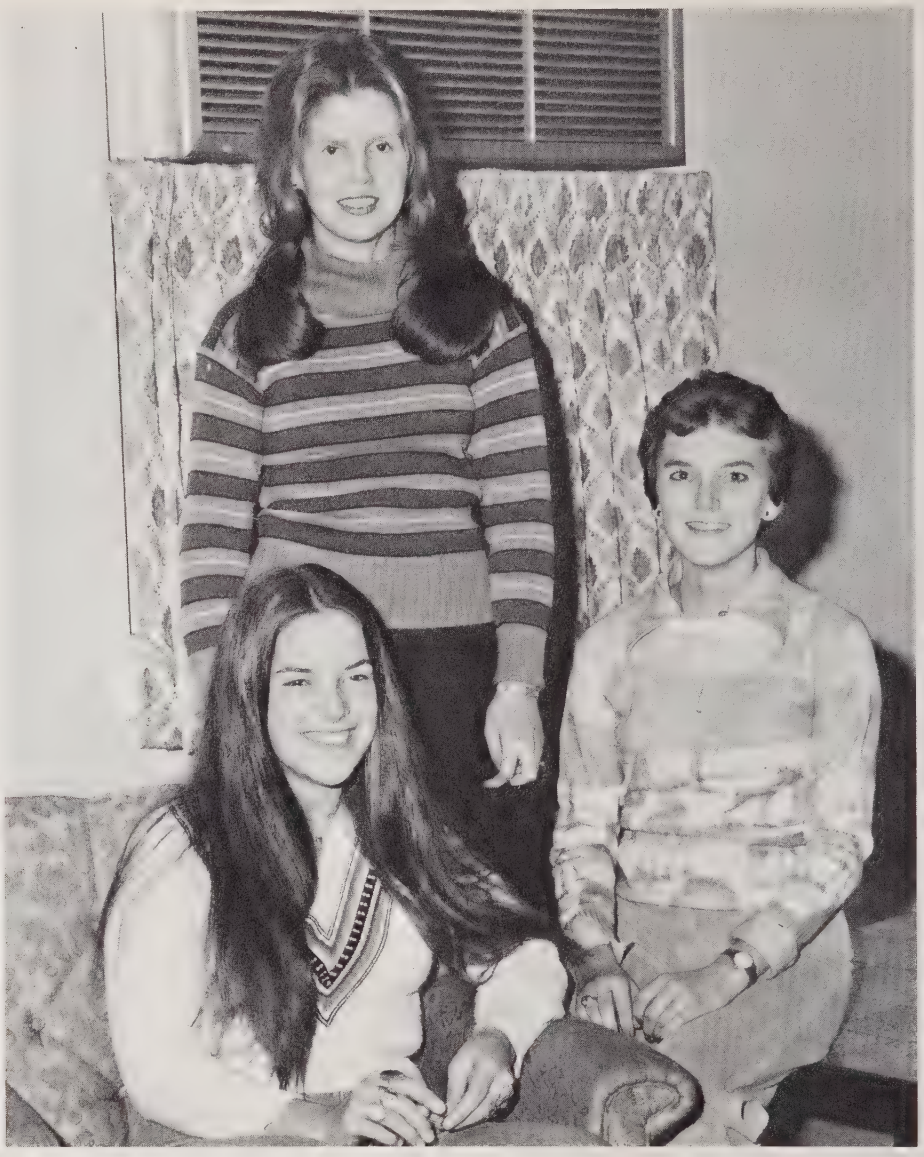
Memories of '78 SENIORS

SENIORS

Class Motto: The important thing is this; to be able, at any time, to sacrifice what we are for what we could become.

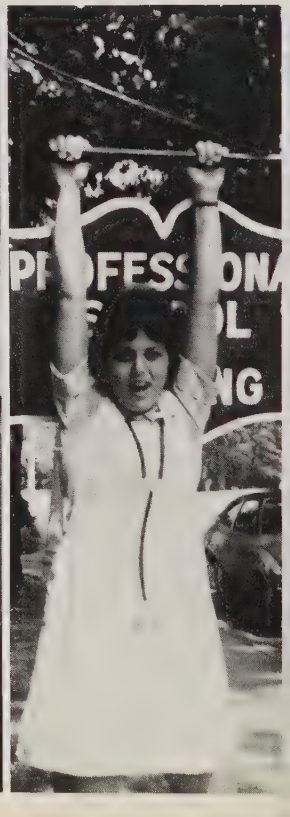
Class Flower: Daisy

Class Advisors:
Ms. P. O'Leary
Ms. N. Lipscomb



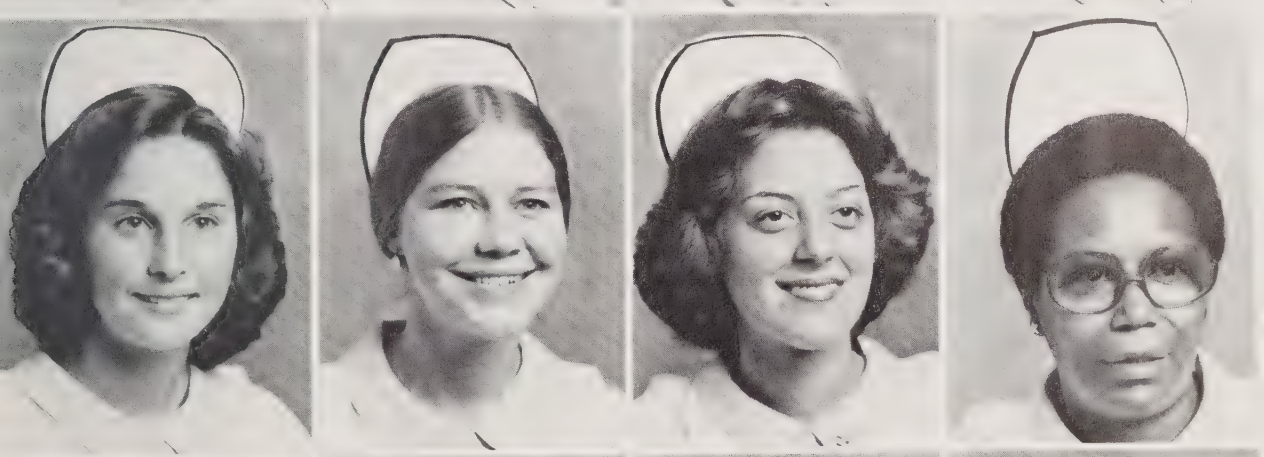
CLASS OFFICERS from left to right: S. Martin — President, K. Allen — Secretary, D. Pettus — Treasurer (Not Pictured: B. Hicks — Vice President)

A senior is:
— always late
— cocky
— tired
— paranoid
— disoriented
— cachectic
— sometimes friendly
—sometimes helpful
— never quiet
—never shy
—but most of all . . .
—PROFESSIONAL!



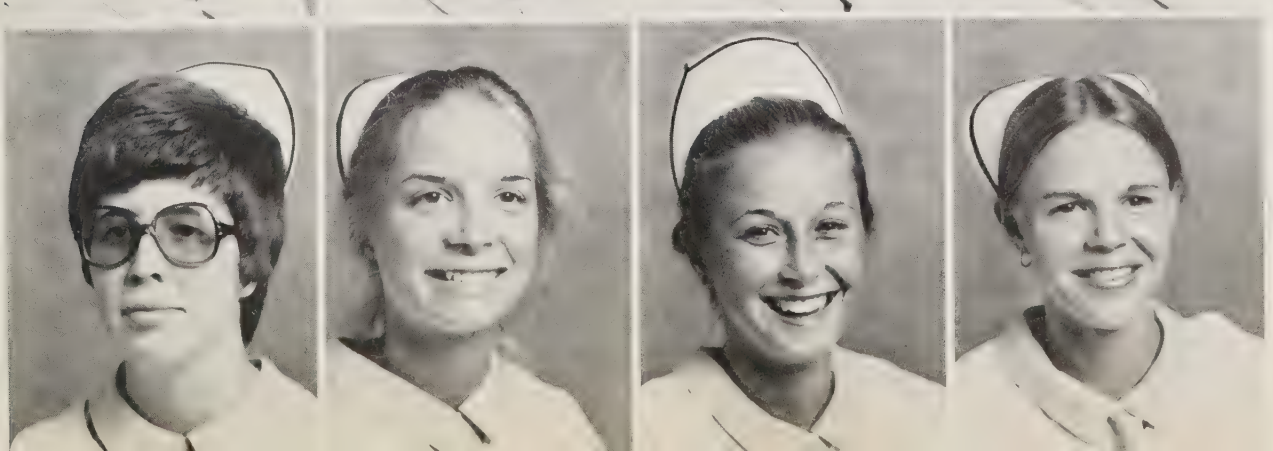
Allen, Karen Lynette
Alspaugh, Marsha Grose
Barnes, Susan Duty
Barton, Clara Lisa

Bass, Vickie Bliss
Bragg, Rosye Hicks
Bray, Sallie Dianne
Cash, Nell Evelyn

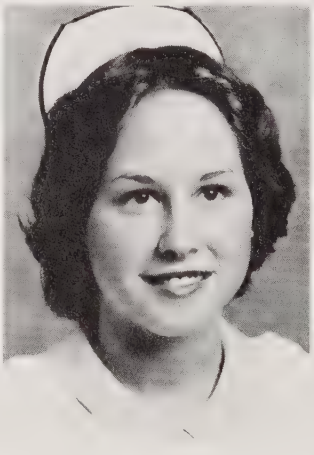
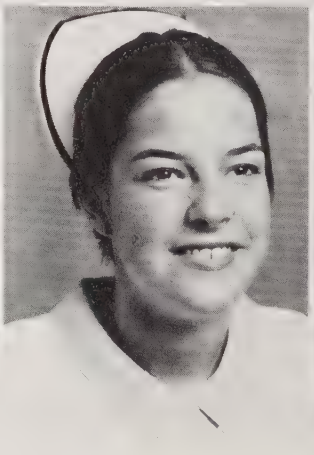
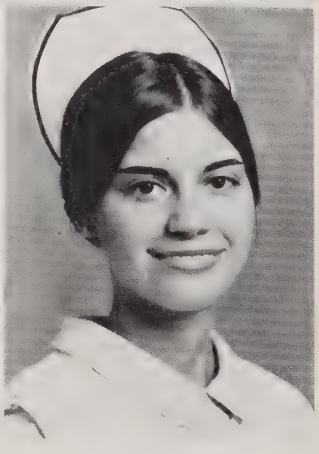


Chappell, Ella Sue
Cobb, Diana Oakley
Collins, Pamela Shearin
Daye, Ellen Doretha

Denesuk, Donna Lisa
Ellis, Troyanne
Fisher, Linda Gail
Glasco, Kristina Ruth



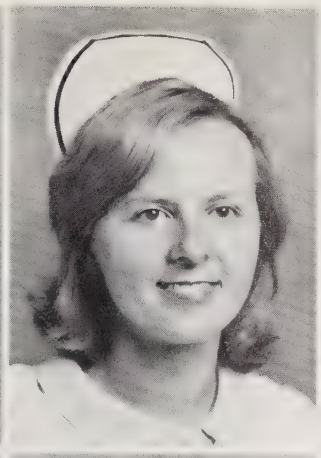
Gordon, Roberta Anne
Gupton, Debbie Sue
Hall, Constance Elaine
Hartsfield, Pamela Iris

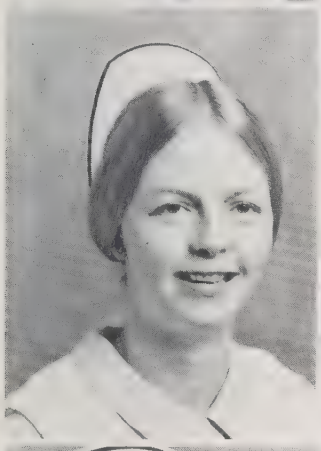
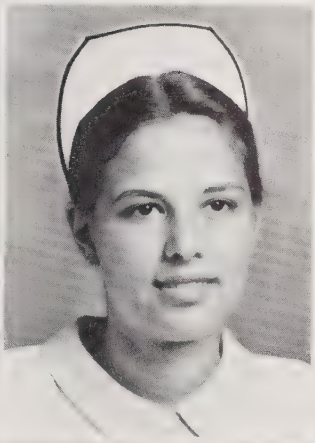




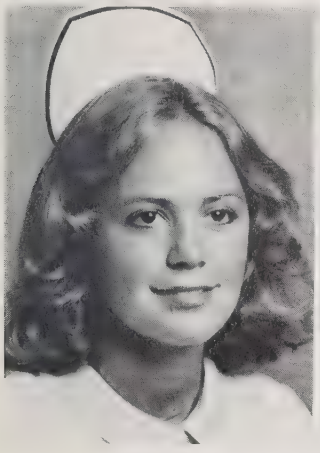
Jones, Darlene Marion
Kimbro, Donna Chandler
Kincheloe, Elizabeth B.
Lofton, Marion Jackson
McKee, Nona Martin
Mahannah, Luanne Denise
Mann, Marsha Elizabeth
Martin, Myra Catherine
Martin, Sherry Beth
Miller, Brenda Carol
Neal, Ann Hendrix
Parker, Cathy Leigh

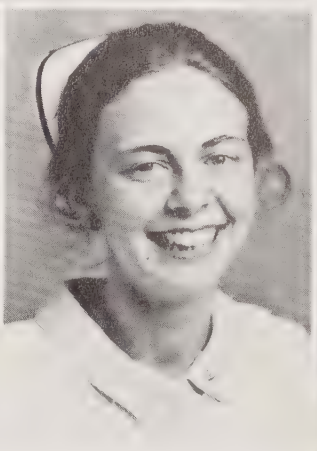
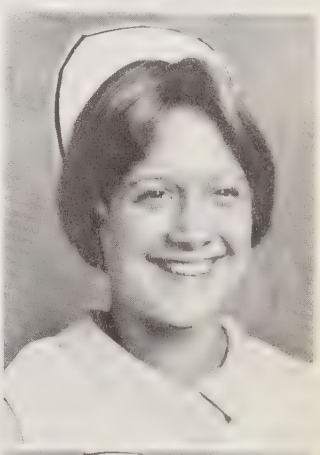
Hicks, Barbara Slayton
Holding, Cheryl
Howard, Karin Dreiske
Jenkins, Nancy Ronco

Watts students can **always** be recognized by their professional manner . . .





Pettus, Donna Ann
Phelps, Ava Wilkerson
Ray, Joanne Elizabeth

Rigsbee, Mary Jane
Rives, Ann Louise
Ross, Zelma Mathews

Salmon, Sheila Gayle
Scott, Robin Hayes
Smith, Robin Ann

Stanfield, Kay Karen
Strickland, Catherine Ruth
Tolson, Lucille Young

Warren, Betty Bell
Watson, Linda Smith
Wiseman, Lilla Ruth
Wood, Donna Ellen

Typical post-clinical conference!

Karen Allen
Raleigh, NC

Real joy comes not from the lease of riches or from the praise of men, but from doing something worthwhile.
—Sir Wilfred Greenfell

Marsha Alspaugh
Winston-Salem, NC

Be now forever taken from my sight;
Though nothing can bring back the hour;
Of splendor, in the grass, of glory in the flower;
We will grieve not, rather find
Strength in what remains behind.
—W. Wordsworth

Lisa Barton
Roxboro, NC

The clock of life is wound but once, and no man has the power to tell just when the hands will stop, at late or early hour. Now is the only time you own — live, love, toil with a will; place no faith in tomorrow, for the clock may then be still.

Vicki Bass
Roxboro, NC

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Rosye Bragg
Durham, NC

Oh, Lord — Thank Thee for the abilities You have given me. Help me use them so that Thy goals on earth are realized and done wholeheartedly. Thank Thee for my husband, son, and friends who were faithful and understanding during the school years.

Nell Cash
Timberlake, NC

I have fought a long fight,
I have finished my course.
But the test is yet to come;
fulfilling my duty to its
maximum in caring for others.
Therein also lies my reward
experiencing the joy of being
able to help those in need.

Sallie Bray
Raeford, NC

Finish each day and be done with it . . . You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it well and serenly.
—Ralph Waldo Emerson

Ella Sue Chappell
Hertford, NC

To love and be loved is the greatest happiness of existence.

Diana Cobb
Hillsborough, NC

Many thanks to my friends for helping me through!

Pam Collins
Garner, NC

All that we send into the lives of others comes back into our own.

—Edwin Markham

Donna Denesuk
Sanford, NC

Troy —
When did you say you needed that Senior saying?????

Troyanne Ellis
Clemmons, NC

Thanks to my friends for helping me through three years of good and bad times; the best of luck to all of you — have a great life!!

Linda Fisher
Butner, NC

A good friend is longstanding, well-remembered, and most of all — appreciated. There are no better friends than those made here at school. I wish the best of luck to each of them **always.**

Kris Glasco
Myrtle Beach, SC

This time, like all other times, is a very good one, if we but know what to do with it.

—Ralph Waldo Emerson

Roberta Gordon
Oxford, NC

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

—Reinhold Niebuhr

Debbie Gupton
Butner, NC

The secret of love is in opening up your heart — it's o.k. to feel afraid, but don't let that stand in your way — cause anyone knows that love is the only road and since we're only here for a while, might as well show some style — give us a smile . . .

—James Taylor

Not to him that walks on with no obstacles in his way, but to him that **overcometh** is the promise given.
—from **God Calling**

Constance Hall
Morehead City, NC

Pam Hartsfield
Durham, NC

To grow is to change, and to have changed often is to have grown much.
—Anon

Women, like wine, are tastier for a little aging. Help spread the rumor!

Barbara Hicks
and daughters
Durham, NC

Karin Howard
and family
Chapel Hill, NC

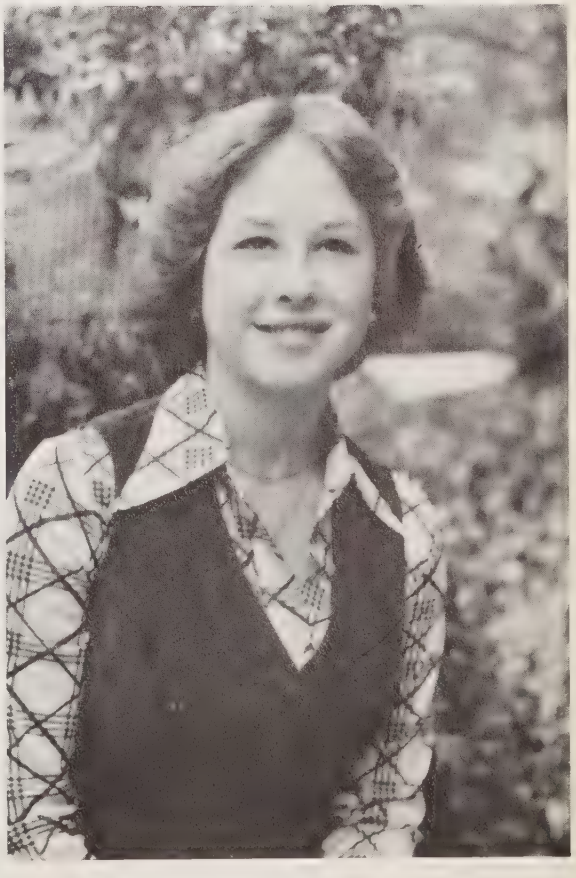
But a mother before she is anything else must be a person with self-respect, assured of her own worth, and, more importantly, must feel that she has not paid an inordinate price for motherhood in terms of her personal striving and aspirations.
—R. Seidenberg

Nancy Jenkins
and family
Butner, NC

Darlene Jones
Hillsborough, NC

Marion Lofton
and son
Durham, NC

Luanne Mahannah
Winston-Salem, NC



True Happiness
Consists not in the multitude of friends,
But in their worth and choice.

—Ben Jonson

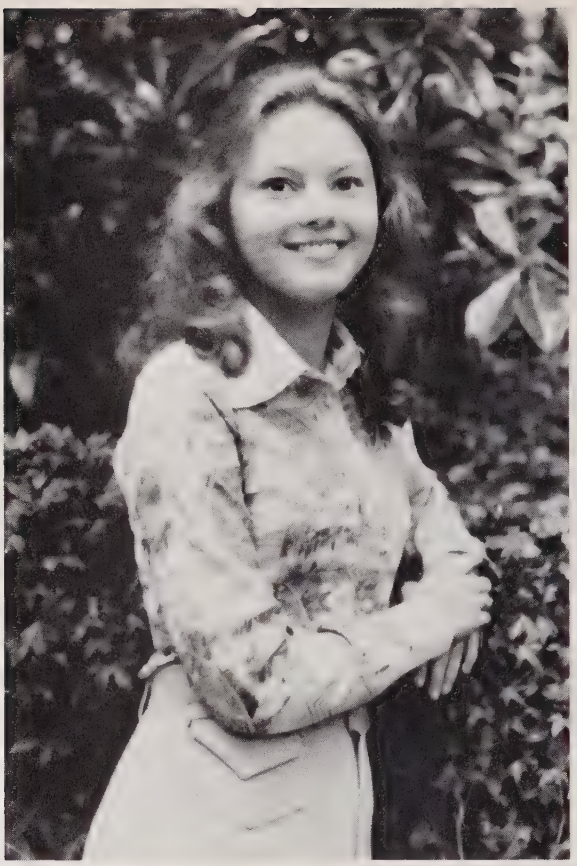
Not just live and let live,
But live and help live.

—Anon

Marsha Mann
New Hill, NC

Give to the world the best that you have, and the best will come back to you.

Cathy Martin
Bonlee, NC



Because we will walk it only once, then how important it is that we should walk it with some purpose that we can call our own.

Sherry Martin
Eden, NC

This is the beginning of a new day. What I do today is important because I am exchanging a day of my life for it. I want it to be gain, not loss; good, not evil; success, not failure, in order that I might not regret the price I paid for it.

Brenda Miller
Durham, NC

Those who bring sunshine to the lives of others cannot keep it from themselves.

—Sir James Barrie

Ann Neal
Chapel Hill, NC

When love and skill work together, expect a miracle.
—Anon

Cathy Parker
Durham, NC

Happy is the man that findeth wisdom and the man that getteth understanding: for the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold.

—Wings of Silver

Donna Pettus
Durham, NC

The grand essentials to happiness in this life are:
something to do . . .
something to love . . .
and something to hope for . . .
—Anon

Ava Phelps
Hillsborough, NC

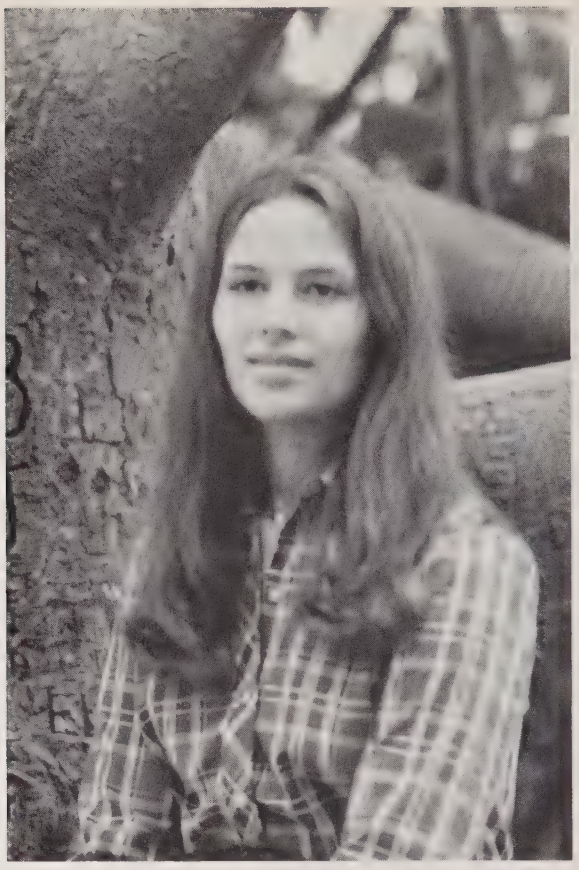
Joanne Ray
Wilmington, NC

Above all nations is humanity.

—Anon

P.S. Thanks, Troy!

Ann Rives
Siler City, NC



Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed. Let me look upward into the branches of the towering oak, and know that it grew great and strong because it grew slowly and well.

—Orin L. Crain

Zelma Ross
Chapel Hill, NC

Ah, great it is to believe the dream
As we stand in youth by the starry stream;
But a greater thing is to fight life through,
And say at the end, "The dream is true!"

Shelia Salmon
Durham, NC

"Always care enough to make a difference". To "care" is an essential part of me. But to be able to care enough to make a difference in all facets of my life, I will have achieved my life's purpose.

Robin Scott
Durham, NC

Education may cost financial sacrifice and mental pain, but in both money and life values it will repay every cost one hundred fold.

—Anon

Robin Smith
Durham, NC

Nothing is an accident.

Kay Stanfield
Plymouth, NC

Life is a disappointment only to those who let it become so.

—Mark Crow

Cathy Strickland
Raleigh, NC

The most important thing in life is not what people can do for you, but what you can do for people.

—Wilfred A. Peterson

Betty Warren
Durham, NC

No one knows what he can do till he tries.

—Anon

Dianne Watson
Durham, NC

Everywhere in life the true question is not what we gain, but what we do.

—Anon

Ruthie Wiseman
Hoffman, NC

What do we live, if not to make life less difficult to others?

—George Eliot

Donna Wood
Raleigh, NC

People so seldom say "I love you" . . .
And then it's either too late or love goes.
So when I tell you "I love you", it doesn't
mean I know you'll never go,
Only that I wish you didn't have to.

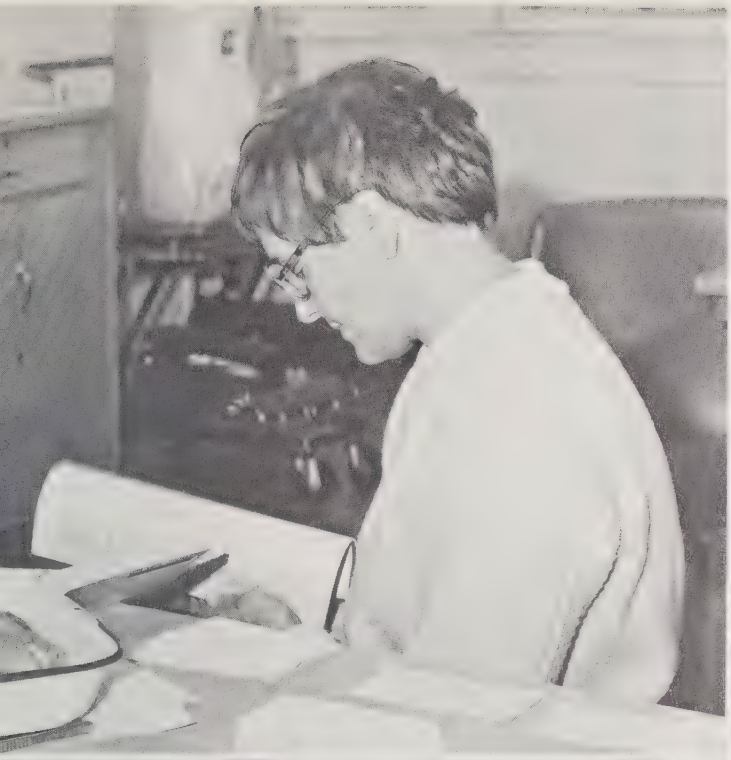
Where there is hatred, let me sow love,
Where there is crying, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy.
—Donna Kimbro
Durham, NC

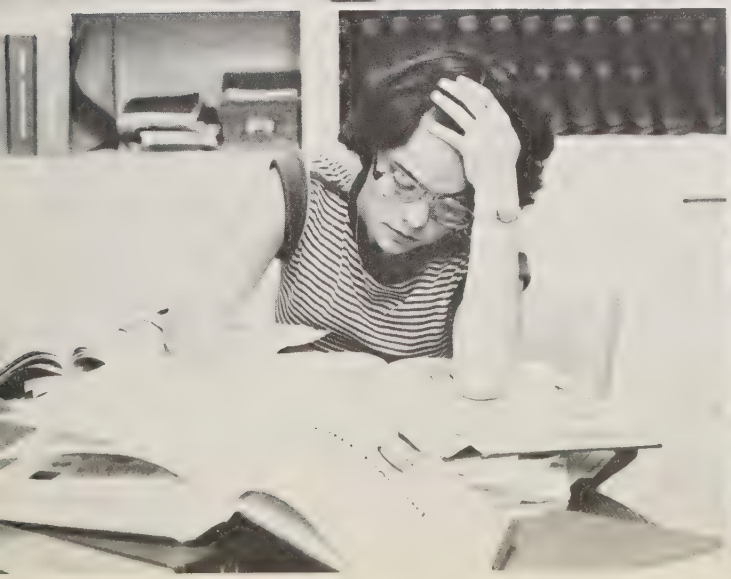
"Onward through the fog . . . "
—Lucile Young Tolson
Chapel Hill, NC

Under heaven all can see beauty
as beauty only because there is
ugliness. All can know good as good
only because there is evil. Therefore,
the sage goes about doing nothing,
teaching — no, talking. The ten thousand
things rise and fall without cease.
—Tao Te Chiang

. . . and yet still driven to seek
the heart of my Time.
—Penny Kincheloe
Durham, NC

Be
Make





Memories

of

'78

JUNIORS

JUNIORS

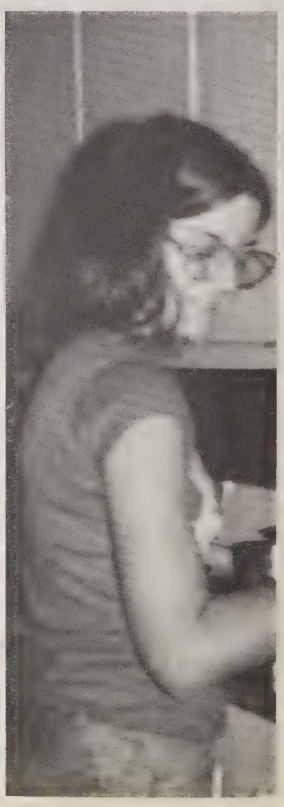
Class Motto: The best and most beautiful things in the world can not be seen nor touched, but are felt in the heart.

Class Flower: Violet

Class Advisors:
Mrs. E. Stein
Mrs. P. Holloway

CLASS OFFICERS from left to right: L. Layton — Secretary, B. Robbins — Treasurer. (Not pictured: D. Smith — President, V. Kirk — Vice President)

A junior is:
—a big sister
— apathetic
— sick of NCCU
— outspoken
— helpful to "frosh"
— helped by SENIORS
— addicted to nicotine
— ready to quit
— "birther" of babies
— manipulative
— shrewd
— almost a SENIOR!



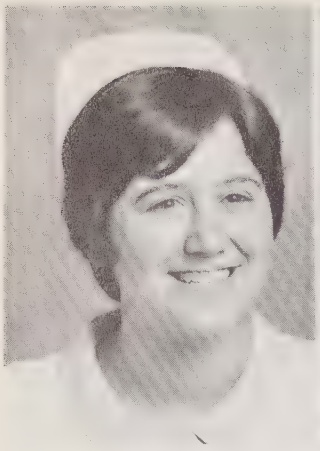
Anderson, Lorna Y.
Barham, Sherry G.
Bell, Susan F.
Blisplinghoff, Janie L.

Brower, Theresa S.
Carver, Denise A.
Clark, Peggy T.
Davis, Charisse S.

Duck, JoAnn E.
Ellis, Susan L.
Ezzell, Sandra A.
Ferrell, Mary H.

Fitzgerald, Myra B.
Gates, Teresa P.
Hawkins, Marianne
Jackson, Cynthia L.

Jessee, Lorraine A.
King, Andrea W.
Kirk Vickie D.
Lawson, Lynne H.



Layton, Linda D.

Lester, Julia S.

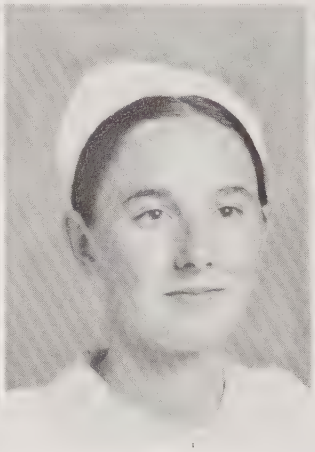
Little, Barbara A.

Mason, Polly A.

Montgomery, Carol S.

Parker, Karen J.

Pecinich, Roxanne D.



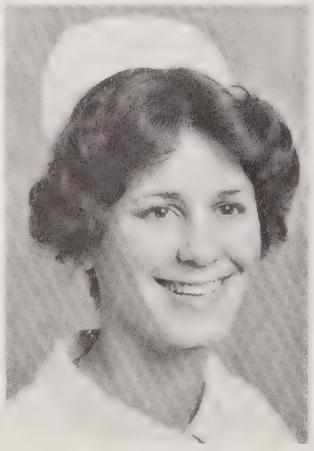
Phipps, Jamie S.

Ragan, Kimberly A.

Register, Jacqueline B.

Robbins, Betsy L.

Rosser, Penny L.



Ryder, Barbara S.

"See, I got my paper in on time — with a full minute to spare!"

"I really am studying this time." (S. Montgomery)

Sanders, Florine M.

Smith, DeAnne

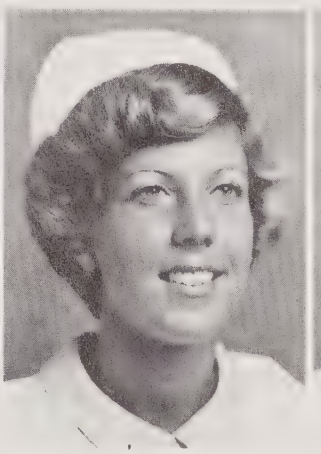
Souther, Audrey A.

Truelove, Darlene

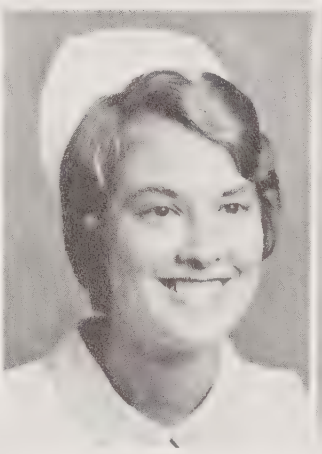
Urban, Barbara R.

Watkins, Vickie L.

Webster, Cynthia A.



Wicks, Lorri L.



Williams, Roberta A.

Wilson, Willie J.

Eat now; worry later. (J. Duck, P. Mason)

Memories of '78 FRESHMEN

FRESHMEN

Grant that the sick thou hast placed in my care may be abundantly blessed, and not one of them be lost because of anything that is lacking in me. Help thou me to overcome every temporal weakness and strengthen in me whatever may enable me to bring the sunshine of joy to the lives that are gathered round me day by day.

Class Flower: Rose

Class. Advisor:
Mrs. P. Brady

CLASS OFFICERS from left to right: L. Weaver — Treasurer, D. Hicks — President, D. Binkley — Secretary, K. Davis — Vice President.

A freshman is:
— confused
— quiet
— humble
— willing
— alway on the go
— wary of doctors
— studious
— a bundle of nerves
—often nauseated
— naive
— always teased
— loved by SENIORS!

Bailey, Denise C.
Bailey, Latmer S.
Bainbridge, Kathy L.
Baldwin, Patricia A.

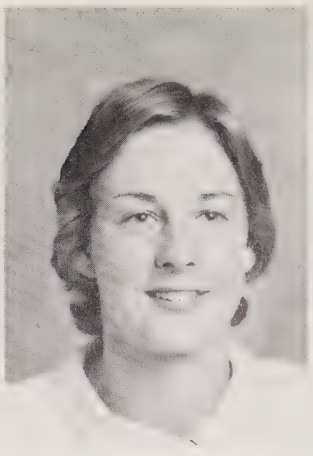
Barnes, Carolyn J.
Behan, Patricia I.
Binkley, Donna R.
Bloom, Karlene J.

Bogie, Denise L.
Boswell, Shelia F.
Bray, Susan E.
Broughton, Pamela S.

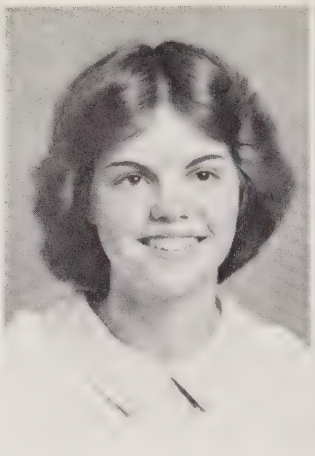
Cain, Susan D.
Cheek, Nancy S.
Cobb, Cynthia E.
Coman, Carol A.

Coore, Mary E.
Cox, Elva J.
Crawford, Mary W.
Crutchfield, Jean F.

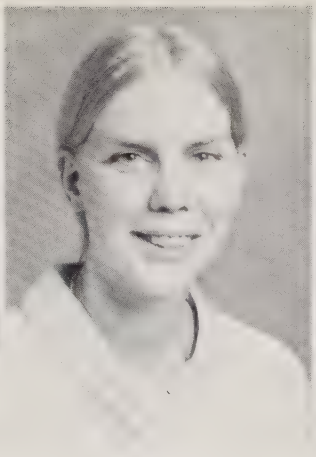
Davis, Kathy L.



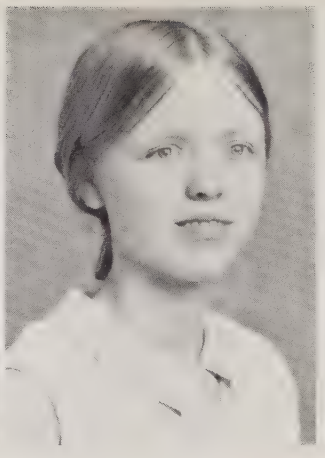
Dickerson, June D.



Doby, Jackie M.

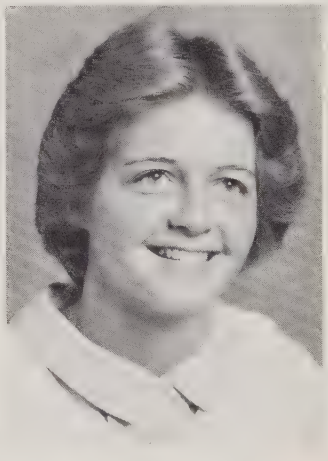


Duncan, Deana H.

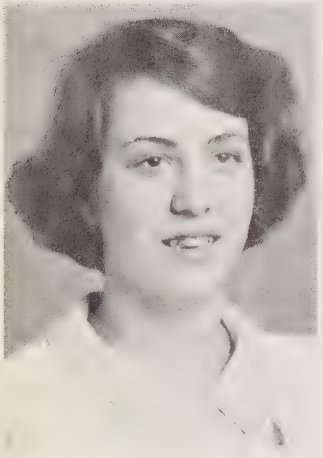


Earp, Joyce M.

Fagala, Susanne T.



Farlow, Linda D.

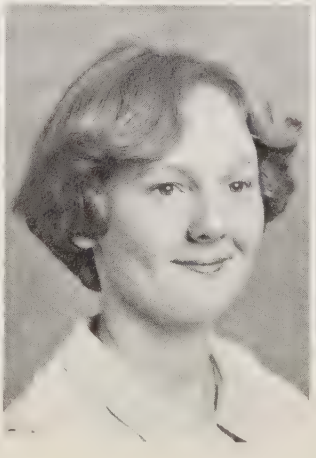


Furr, Kathryn J.

What? The Freshmen can still smile after their first week of clinical?

Gemmer, Carol

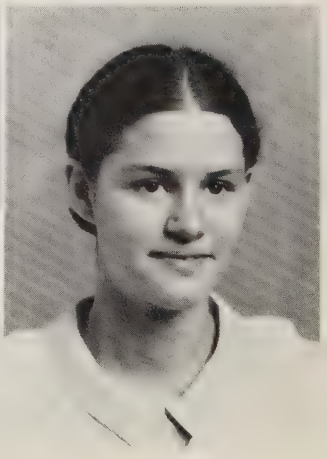
Gordon, Debra C.



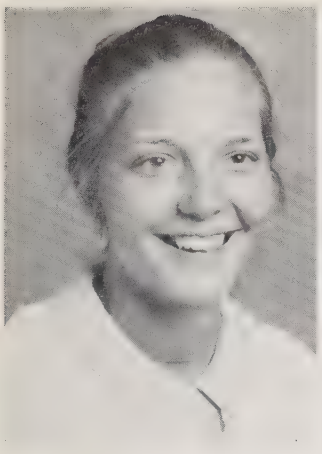
Gray, Melissa G.

Griffith, Michelle A.

Hardy, Sonya L.

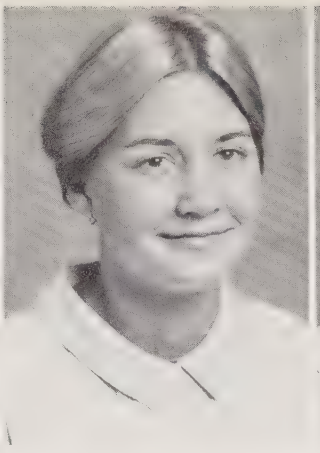


Hayes, Elizabeth D.



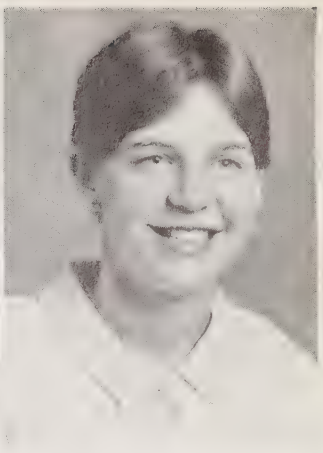
Hicks, Donna J.

Hinshaw, Betty J.



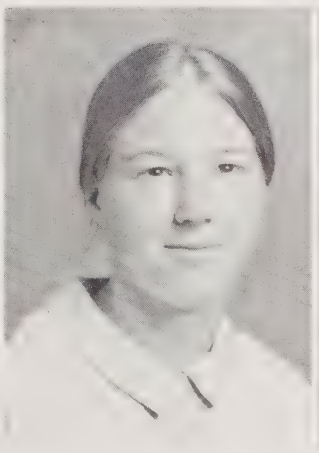
Hix, Edith D.

Hocutt, Deborah A.



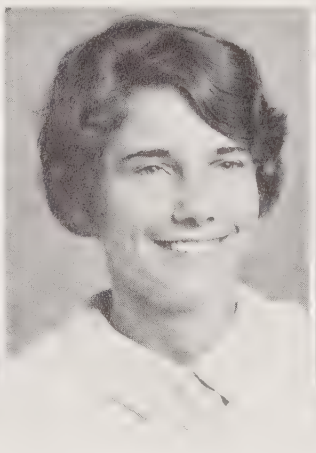
Holden, Bonnie L.

Hoyle, Tammie M.



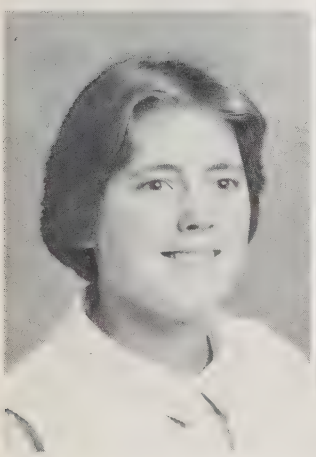
Jackson, Vanessa G.

Johnson, Kim E.



Johnson, Nancy T.

Johnson, Rose M.



Kimble, Elinore R.

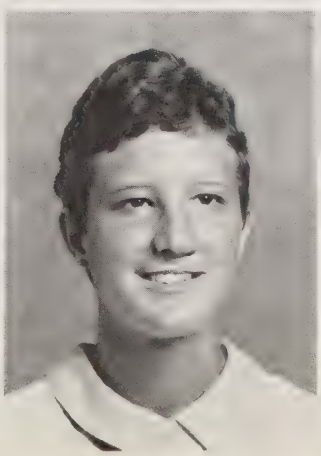
Lewis, Ellen B.

Little, Lee A.

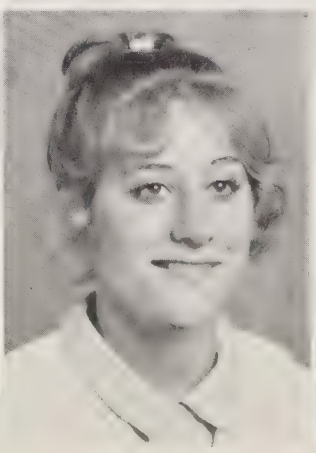
Lloyd, Gail M.

Long, Betsy J.

McLamb, Cynthia



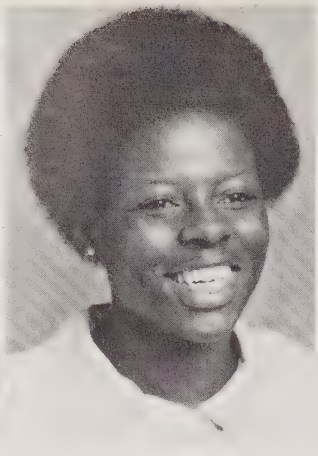
Marrinan, Elizabeth M.



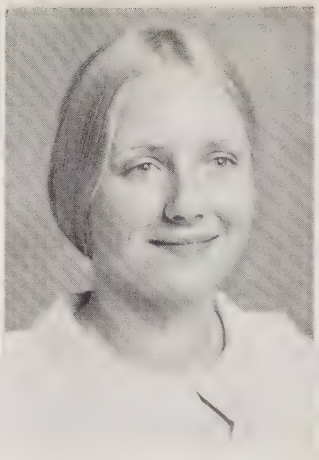
Mays, Debra R

"My pet roach is gone!" (T. Wood)

What's so interesting in the parking lot, girls?



Merritt, Patricia C.

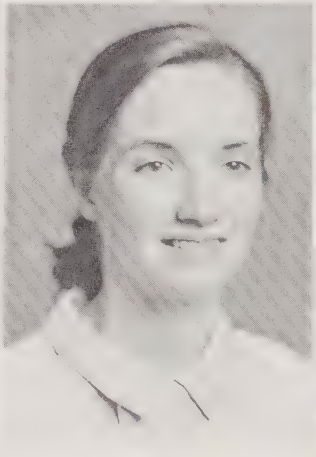


Morgan, Shirley J.

Painter, Donna S.

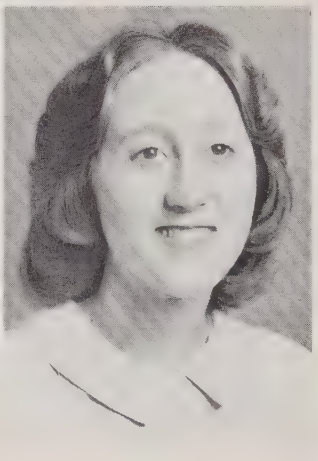
Perry, Leisa A.

Pressley, Patricia H.

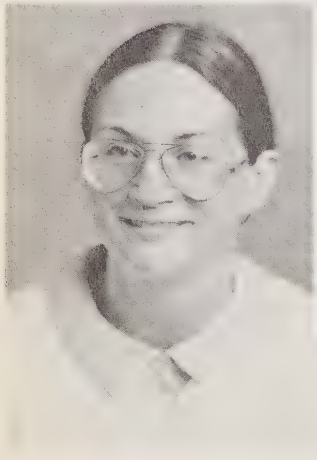


Ransom, Audrey L.

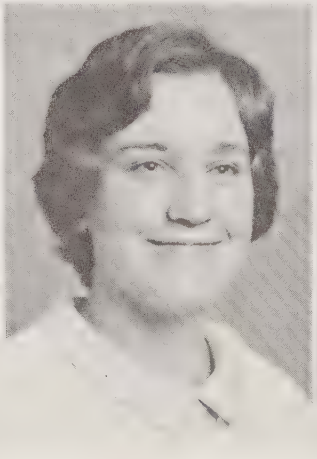
Rice, Gale D.



Suggs, Vickie D.

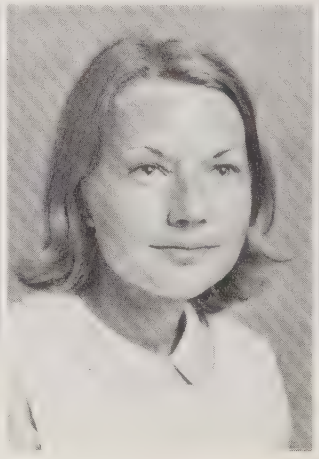


Tanner, Patricia A.

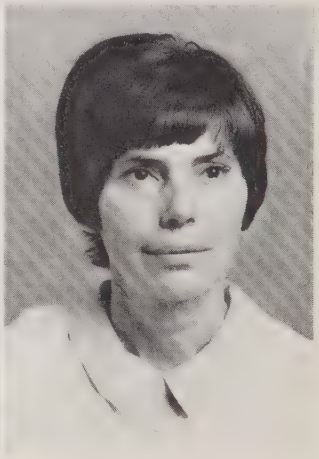


Thompson, Ann H.

Tisdale, Debbie L.



Tyson, Katherine K.



Viola, Hazel B.

Weaver, Luanne

Webster, Ruth N.

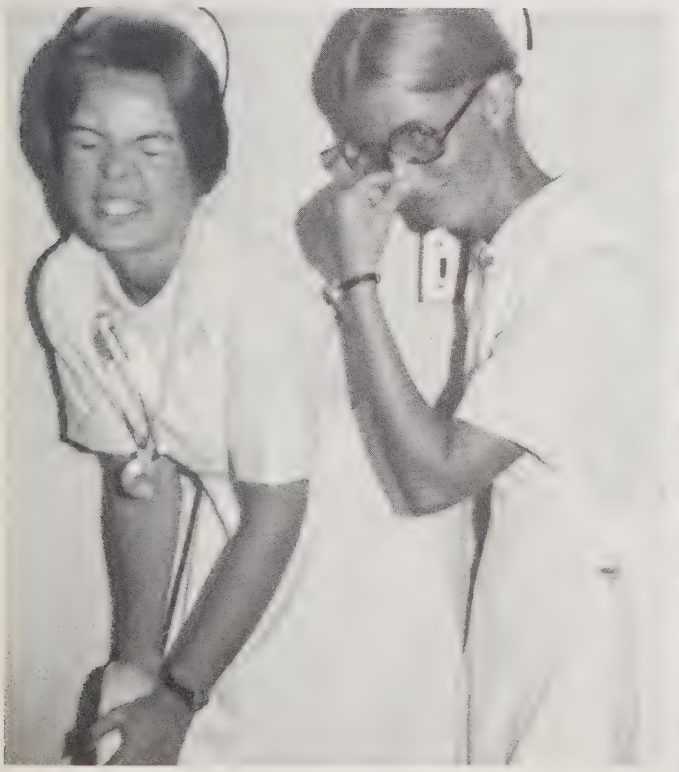
Wood, Terri L.

I can't believe I've got to go to student council for that!

I'm so glad the patient in room 13 is NPO! (D. Gupton, K. Glasco, R. Gordon)

Christmas caroling — a time when we can show our patients how much we care!

Ever tried getting twenty people around a table for four?



One of our more rewarding experiences! (D. Wood, A. Neal)

Tired after your first day of clinical, girls?

Did you forget your token?

Why are you smiling? . . . You're at DCGH!

PROFESSIONAL
SCHOOL
OF
NURSING

Ever try taking a friend to lunch? (J. Duck)

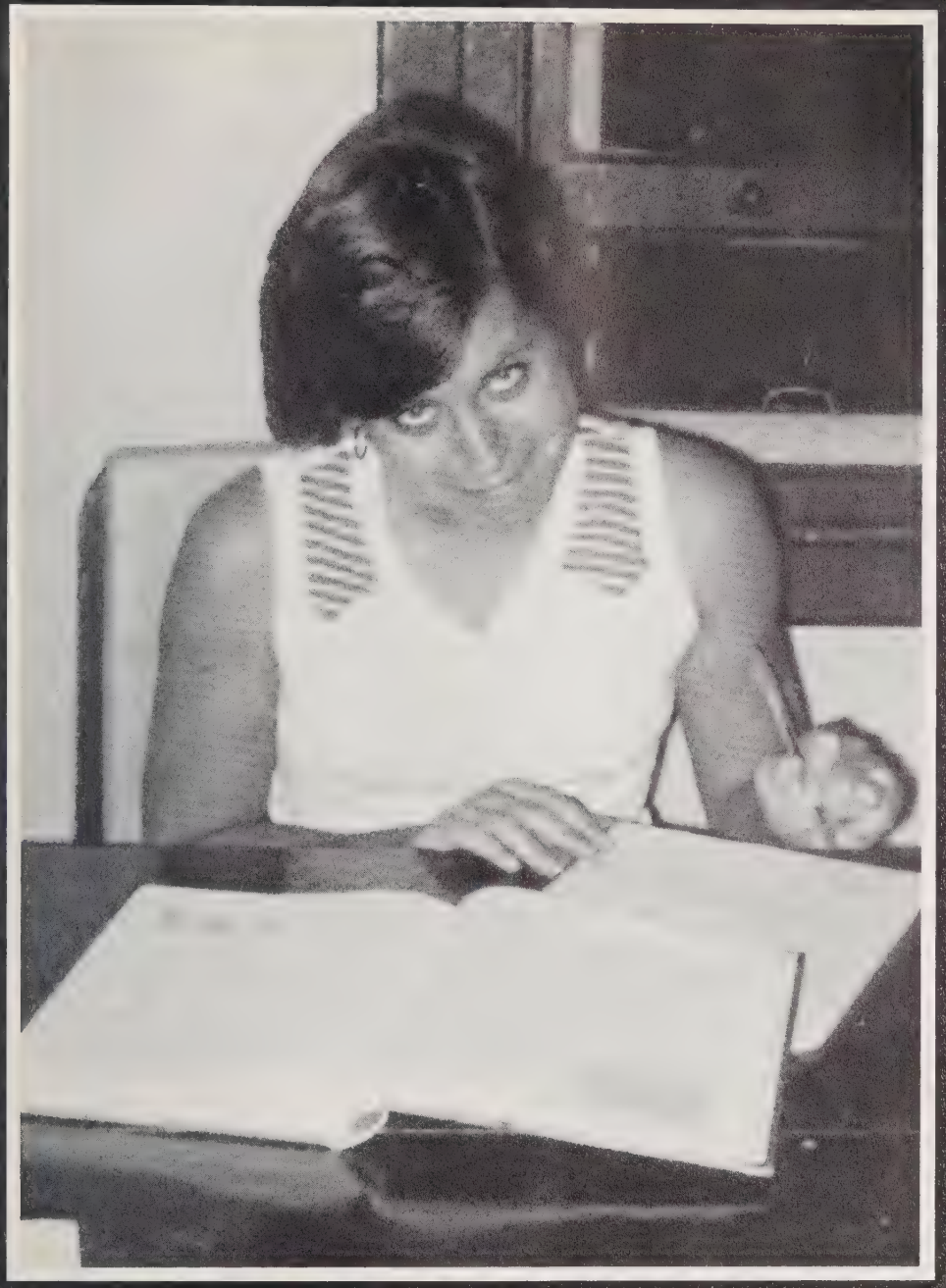
"I hope the starch in my uniform keeps me together tomorrow!" (C. Cobb)

Forget nursing — try advertising! (D. Carver, P. Fitzgerald)

One of the rewards of working hard — a picnic.

Regressing so early, Freshmen? You've only been here a few months.

You'd better enjoy your leisure time NOW, Freshmen!



"I never dreamed the human body could be such a bore!" (L. Little)

A POEM

CHIEF OF STAFF
leaps tall buildings in a single bound
is more powerful than a locomotive
is faster than a speeding bullet
walks on water
gives policy to God

STAFF DOCTOR
leaps short buildings in a single bound
is more powerful than a switch engine
is just as fast as a speeding bullet
walks on water if sea is calm
talks with God

RESIDENT
leaps short buildings with a running bound and favorable winds
is almost as powerful as a switch engine
is faster than a speeding BB
walks on water in a swimming pool
talks with God if special request is approved

INTERN
clears a small hut
loses race with locomotive
can fire a speeding bullet
swims well
is occasionally addressed by God

MEDICAL STUDENT
runs into small buildings
recognizes locomotives two out of three times
wets himself with water pistol
dog paddles
mumbles to animals

THE NURSE
lifts buildings to walk under them
kicks locomotives off the tracks
catches speeding bullets in her teeth
freezes water with a singly glance
she IS . . .

Susan! That's no way for a nurse to act!

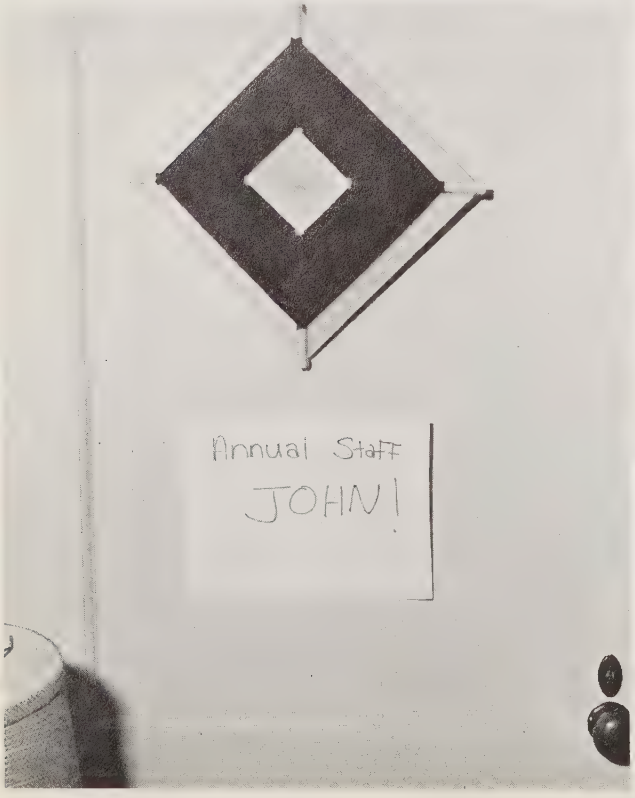
Get those legs up!

"OH!" Was I supposed to knock?" (P. Baldwin)

Many thanks to Don Burdick and Joey Ciraino, our own private photographers! Here they are hard at work with K. Glasco, S. Bray, and T. Ellis picking out pictures for the annual. We think you'll agree that they did a GREAT job!

Our Professional Photographer, representative and friend, Mike Ward, finds it amusing to be on the other side of the lens for a change.

Along with acquiring a new annual staff room in which we could spread our work (and we do mean SPREAD), we acquired a "JOHN" of our own . . .



"If we had the chance to do it all again,
Tell me, would we? . . . COULD we? . . . "

To those of you who contributed ideas, pictures, complaints, time, and hard labor — thank you!

Extra special thanks to:

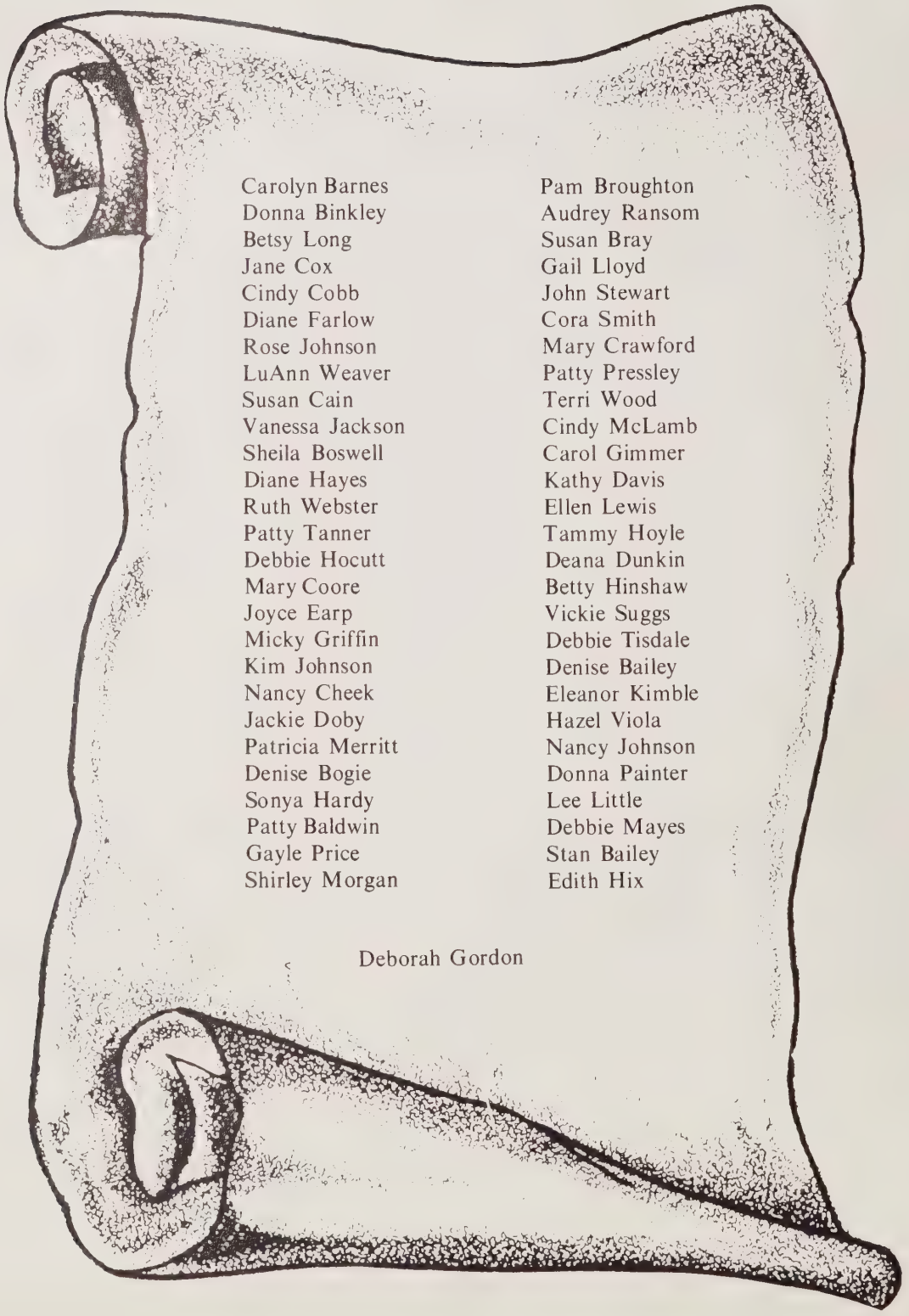
— Mike Ward, for his undying patience
— Carol Phillips, for her contagious enthusiasm
— Sallie Bray, Linda Fisher, Sherry Martin, and Luanne Mahannah for their devotion above and beyond the call of duty
— Don and Joey, for using their talents to help us photograph-ignorant nursing students
— Pam Aldridge, for ignoring her better judgment and lending the annual staff her Minolta
— Mrs. Greta Brooks, for ignoring **HER** better judgment and giving the annual staff a room to use (with a JOHN, no less!!)

Without all of you, we could not have
MADE IT!!!!
the WHITE CAP ANNUAL '78 —
WE HOPE YOU ENJOY IT!!!

Troyanne Ellis
Ann Rives
CO-EDITORS

FRESHMEN PATRONS

CLASS OF 1980



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Susan Cain
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